**Components of Physical Fitness**

**Cardiovascular Fitness** - Ability of your heart and lungs to work effectively when you exercise and return to normal when you stop

* Examples: long distance running, walking, swimming, dancing, cycling

**Muscular Strength** - The most weight you can lift or the most force you can exert at one time

* Examples: lifting a heavy weight, pull-ups, squats

**Muscular Endurance** - The ability of a muscle to repeatedly exert a force over a prolonged period of time

* Examples: curl-ups for 1 minute, bent arm hang

**Flexibility** - The ability of your body’s joints to move easily through a full range of motion

* Examples: stretching, gymnastics, wrestling

**Body Composition** - The ratio of body fat to lean body tissue, such as bone, muscle and fluid

**FITT Principles**

* ***Frequency***- how often you exercise
* ***Intensity***- how hard you exercise
* ***Time***- how long you exercise
* ***Type***- what kind of exercise you perform

**Training Principles**

* **Overload**- to improve fitness, do more than normal
* **Progression**- increase amount and intensity of exercise gradually
* **Specificity**- do specific exercises to improve each component of fitness