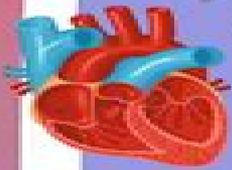


# HEALTH-RELATED FITNESS COMPONENTS



## CARDIOVASCULAR ENDURANCE

Your ability to perform exercises that increase heart rate for a prolonged period of time.



## MUSCULAR ENDURANCE

Your muscles' ability to exert force repeatedly, or for extended periods of time.



## MUSCULAR STRENGTH

Your muscles' ability to exert a maximum amount of force in one effort.



## FLEXIBILITY

Your muscles' and joints' ability to move through their full range of motion.



## BODY COMPOSITION

Your body's ratio of lean muscle to stored fat.

# Understanding Exercise For Health Fitness 3rd Ed

**Lingsheng Yao**



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