

## The 4 Health Related Fitness Components

- 1) Cardiovascular Endurance
- 2) Muscular Endurance
- 3) Muscular Strength
- 4) Flexibility

The following activities are taken from our fitness circuits and and if executed properly, they work on one of the four health related fitness components.

Beside each activity write out which fitness component you are working on.

Activities	Health Related Fitness Component
Hoop Agility Run	
Hand down spine stretch	
Jumping Jacks	
The Bridge	
Push Ups	
Wall Sit	
Chest Push	
Gym Runs	
Push Ups - Spades	
Calf Raises	
One leg over stretch	
Dips	
Front Lateral Raises	
Leg Lifts	
Bench Jumps	
Front Kicks	
Crunches	
Shadow Boxing	
Line Jumps	
Quadriceps Standing Stretch	
Push Ups Negative	
Volleyball with partner	
Fist Squeeze	
Chin up (Flexed Arm Hang)	