Fitness Components

**Cardiovascular Endurance**- ability of the heart, lungs, and blood vessels to deliver oxygen efficiently to the working muscles when a person exercises for an extended period of time.

**Muscular Endurance**- the ability of a muscle or muscle group to exert a submaximal force repeatedly over a period of time.

**Muscular Strength**- the ability of a muscle or muscle group to exert a maximal force against a resistance.

**Flexibility**- the ability to move a joint through its complete range of motion.

**Body Composition**-The amount of lean body mass compared to the amount of body fat.  This is expressed in terms of percent body fat.