Name: Fitness Vocabulary Lesson 34

Muscular strength:

Muscular endurance:

Cardiorespiratory endurance:

Body composition:

Flexibility:

Balance:

Isometric exercises:

Isotonic exercises:

Isokinetic exercise:

Aerobic:

Anaerobic:

Agility:

Speed:

Power:

Balance:

Coordination:

Reaction Time:

Resistance exercises:

Free weight:

FITT formula: