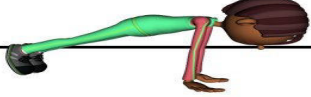


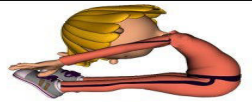
Components of Fitness

Health-Related

Strength



Flexibility



CARDIOVASCULAR ENDURANCE



**MUSCULAR
ENDURANCE**



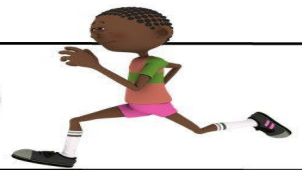
**BODY
COMPOSITION**

Skill-Related



AGILITY

SPEED



Reaction Time

BALANCE



POWER



COORDINATION



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100m Race (SPEED)



Athlete balancing



Hand-eye coordination in sports