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Health-related Fitness (HRF) containing the components muscular strength, cardiorespiratory endurance, flexibility, muscular endurance and body composition.

Muscular Strength

Amount of force you can put out or the amount of weight you can lift.

- Jumping Jacks - a physical jumping exercise performed by jumping to a position with the legs spread wide and the hands going overhead
- Modified Push up - Slowly bend your elbows and lower your chest until your chin reaches the ground, then slowly return to the starting position.
- Forearm plank - static core exercise similar to holding the top of a push-up, with both the elbows and hands making contact with the floor.

Cardiorespiratory Endurance

Monitor how well the heart, lungs, and muscles perform during moderate to high-intensity exercise

- Swimming - the use of one's entire body to move through water.
- Biking - improve your cardiovascular health, lift your mood and boost your fitness
- Climbing stairs or hills - activity of using one's hands, feet, or any other part of the body to ascend a steep topographical object.

Flexibility

A health-related component of physical fitness that relates to the range of motion available at a joint

- Lower back mobiliser - ensure that you don't suffer from lower back pain and other posture problems and increasing flexibility in your lower back
- Standing hamstring stretch - This stretch is beneficial to improve ease of bending down to the floor and kicking.
- Chest mobiliser - Stand up straight and open your arms wide, tilt your head back and push your chest forwards.

Muscular Endurance

how many times you can move that weight without getting exhausted

- Deadlift - weight training exercise in which a loaded barbell or bar is lifted off the ground to the level of the hips, torso perpendicular to the floor, before being placed back on the ground.

- Shoulder Press - increases strength throughout the shoulders and engages the core for stability.
- Bent Over Row - weight training exercise that targets a variety of back muscles and often used for both bodybuilding and powerlifting.

Body Composition

Used to describe the percentages of fat, bone, water and muscle in human bodies.

- Burpees – A squat thrust with an additional stand between reps, is a full body exercise used in strength training and as an aerobic exercise.
- Explosive lunge jump – A fantastic lower body exercise that increases the intensity and difficulty of the basic lunge by adding a jump.
- Weighted squat jump - a great exercise to be used for power purposes, increase one's ability to harness and transfer energy during ballistic athletic movements