

## GYMNASTICS

Health Related Fitness - theoretically defined as a multidimensional construct containing the components cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.

- Cardiovascular fitness - Cardiovascular fitness is a health-related component of physical fitness that is brought about by sustained physical activity.
- Muscular strength - Muscular strength is the amount of force you can put out or the amount of weight you can lift. Muscular endurance is how many times you can move that weight without getting exhausted
- Muscular endurance - Muscular endurance is the ability of a muscle or group of muscles to perform repetitive contractions against a force for an extended period of time. The greater your muscular endurance the higher number of repetitions you could complete.
- Flexibility - Flexibility or limberness refers to the range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion.
- Body composition - Body composition is the proportion of fat and non-fat mass in your body. A healthy body composition is one that includes a lower percentage of body fat and a higher percentage of non-fat mass, which includes muscle, bones, and organs.

Give 3 examples each:

- Cardiorespiratory endurance – Swimming, Dancing, Jogging
- Muscular strength – Lifting Weights, Cycling, Hill Walking
- Muscular endurance – Plank, Squats, Walking lunges
- Flexibility – Forward Lunges, Side Lunges, Standing Quad Stretch
- Body composition – Burpees, Pushups, Interval Training

