

NAME: \_\_\_\_\_

PERIOD: \_\_\_\_\_

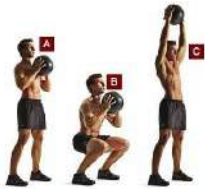
### Fitness Components

- **Cardiovascular Endurance-** The ability to exercise continuously for an extended period of time without tiring.
- **Muscular Endurance-** The ability to use muscles for an extended period of time without tiring.

**Directions:** Look at the pictures of exercises below. Circle the “Fitness Component” that each exercise is working.

1.

#### **5 Medicine Ball Squat & Shoulder Press**



Cardiovascular Endurance

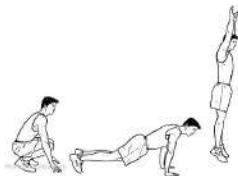
OR

Muscular Endurance

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2.

#### **5 Burpees**



Cardiovascular Endurance

OR

Muscular Endurance

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3.

#### **6 Crab Kicks**



Cardiovascular Endurance

OR Muscular Endurance

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4. **15 Jumping Jacks**

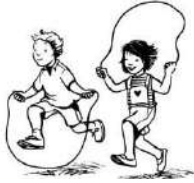


Cardiovascular Endurance      OR      Muscular Endurance

**(Continued on Back)**

5.

**15 Jumps**



Cardiovascular Endurance      OR      Muscular Endurance

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6.

**2 Laps**



Cardiovascular Endurance      OR      Muscular Endurance

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7.

**5 Lateral Raises**



Cardiovascular Endurance      OR      Muscular Endurance

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8.

**5 Star Jumps**



Cardiovascular Endurance      OR      Muscular Endurance

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9.

**On a scale from 1-4, circle the number that you feel you are in relation to understanding Cardiovascular Endurance & Muscular Endurance.**

**#1**

**I Need Help  
To  
Understand It**

**#2**

**I  
Understand It  
A Little**

**#3**

**I  
Understand  
It**

**#4**

**I Understand  
it and can  
explain it to  
others**