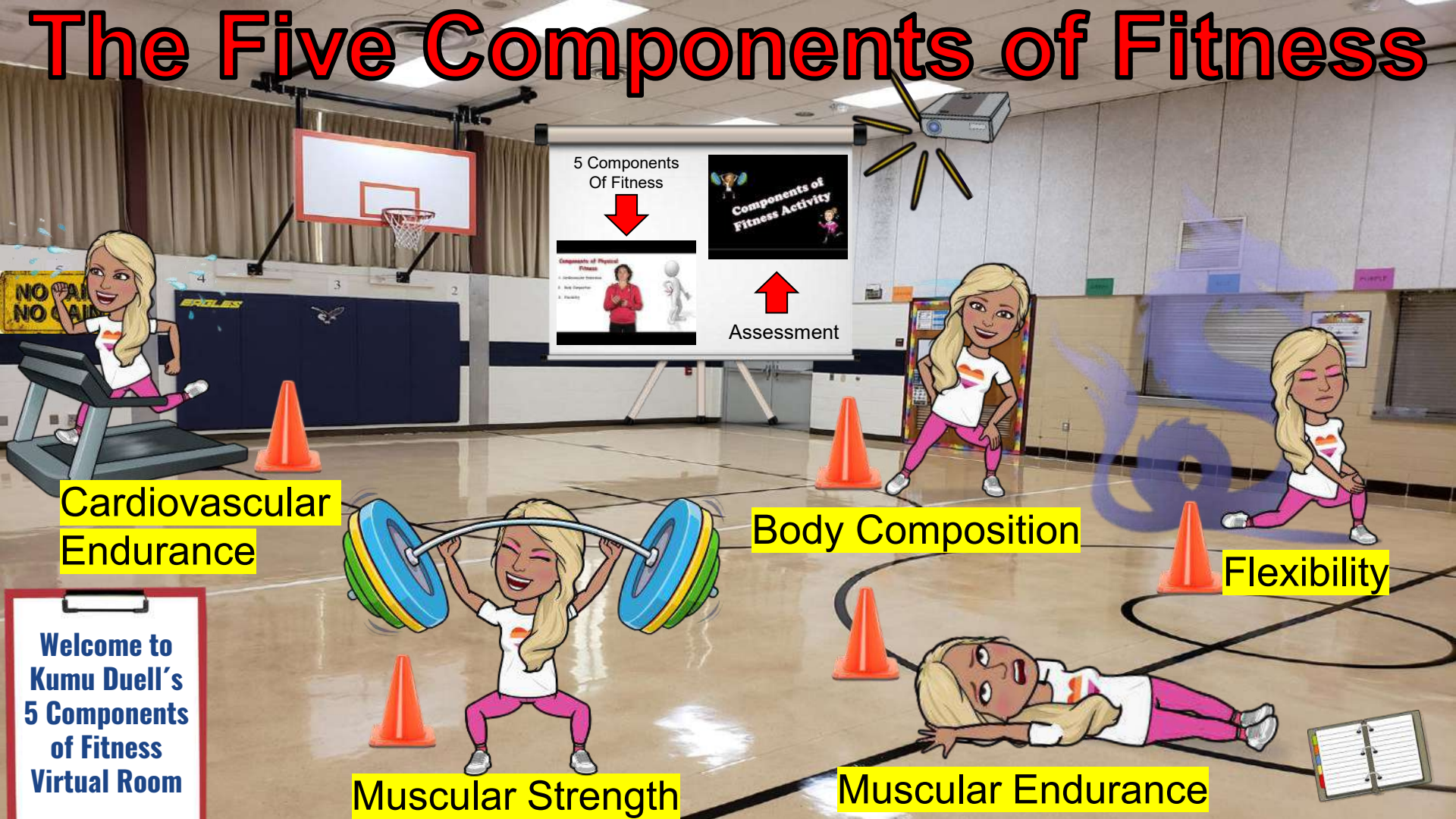


The Five Components of Fitness



Cardiovascular
Endurance

Welcome to
Kumu Duell's
5 Components
of Fitness
Virtual Room

Muscular Strength

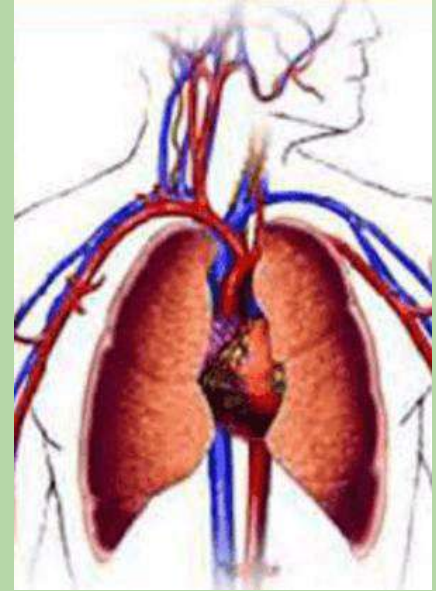
Body Composition

Flexibility

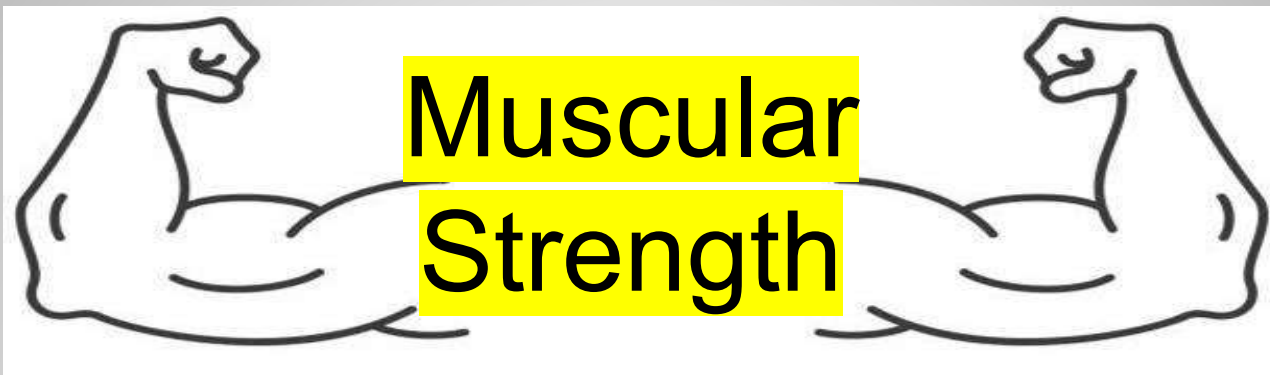
Muscular Endurance

Cardiovascular Endurance

Cardiovascular endurance is your body's ability to keep up with exercise like running, jogging, swimming, cycling, and anything that forces your cardiovascular system (lungs, heart, blood vessels) to work for extended periods of time.



Go Back!



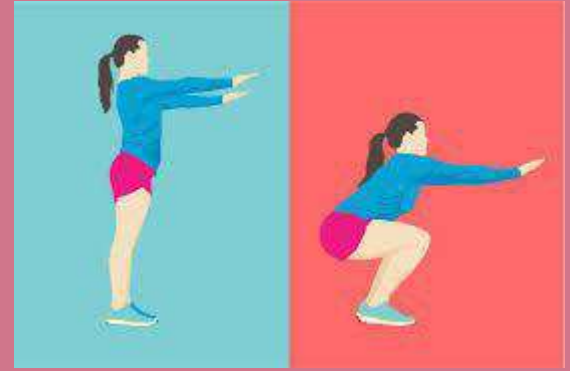
Muscular Strength refers to the amount of force a muscle can produce with a single maximal effort.



[Go Back!](#)

Muscular Endurance

Muscular Endurance is the ability of a muscle or group of muscles to repeatedly exert force and perform over an extended period of time.



Go Back!

Flexibility

Flexibility is the ability to bend and move the joints through a full range of motion.

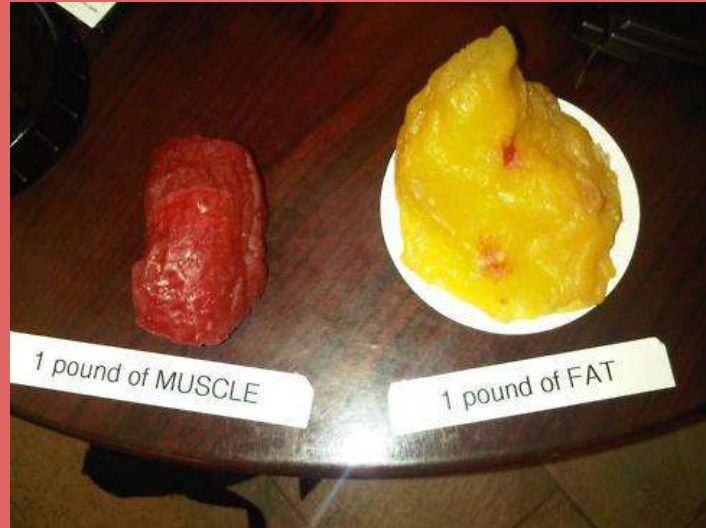
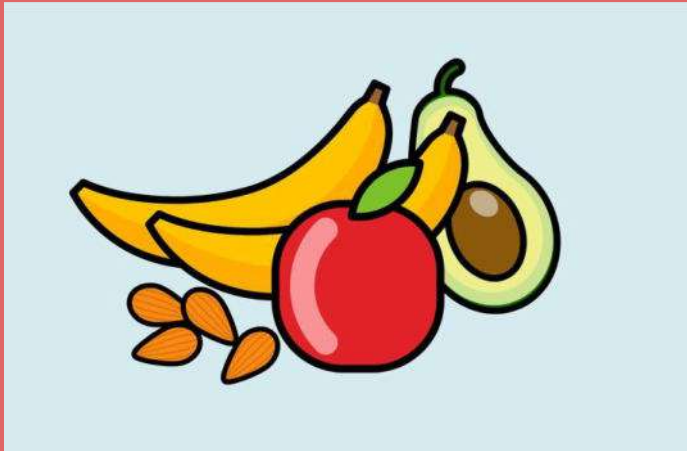
It improves mobility, posture, muscle coordination, reduces the risk of injuries and muscle soreness.



Go Back!

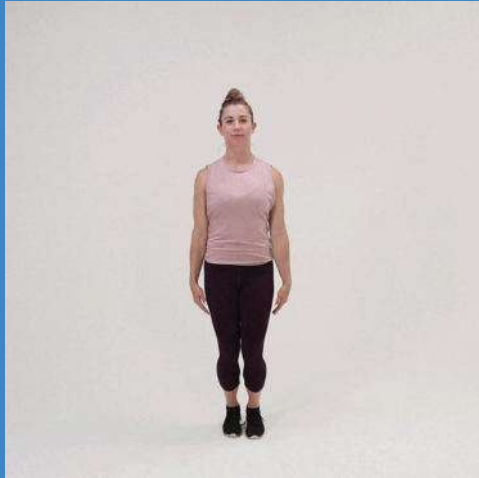
Body Composition

Body composition is the amount of **fat** mass compared to lean **muscle** mass, **bone** and organs.

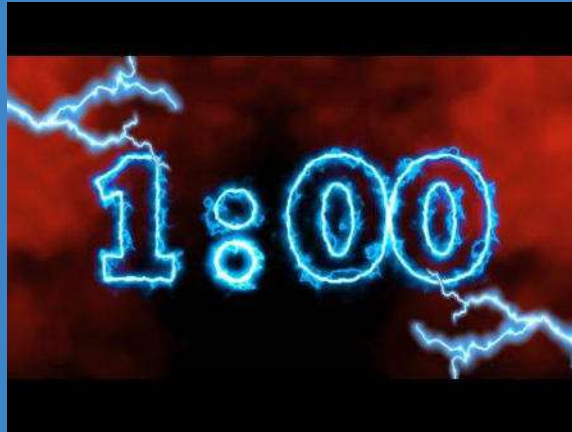
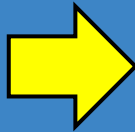


Go Back!

Cardiovascular Endurance Challenges



Click here to
start your
timer!



Let's improve our
cardiovascular fitness!
Complete an exercise of
your choice for 1 minute!

Go Back!

Muscular Strength Challenges



Let's do some
push ups with
good form!



00:30



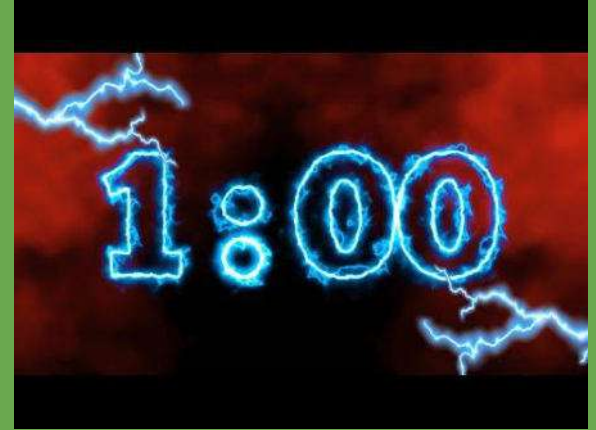
Click here to start
your timer!

Go Back!

Muscular Endurance Challenges



How long
can you hold
a plank?!



Click here to start
your timer!

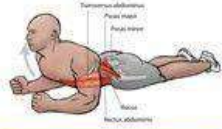


[Go Back!](#)

GENERAL STRETCHING GUIDELINE

- Always complete a warm-up session prior to stretching.
- Stretch before, during and after exercise sessions.
- Ensure that the stretch movement is slow and relaxed.
- Hold each stretch for 10 to 30 seconds.
- Stretch two or three more times with each stretch.
- Try to stretch a little further with each stretch.
- Avoid bouncing or stretching to the point of pain.
- Breathe deeply to intensify the stretch as you exhale.
- Stretch at least three times a week.
- Avoid strenuous stretching for one hour after eating.
- Don't stretch a muscle that you've recently injured.
- Consult your doctor before starting a stretch routine.

ON ELBOW STOMACH STRETCH



Lie on your front and position your elbows directly beneath your shoulders.
Slowly lift your body up by pushing down through your elbows and the floor.
Keep your hips on the ground throughout.

BACK BENDING STOMACH STRETCH



Lie back over a gym ball.
Reach your arms backwards, allowing your shoulders and hands to rest on the ball.
Keep your feet flat on the ground throughout.

SITTING SIDE REACH STRETCH



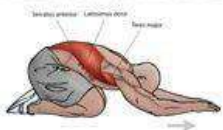
Point one leg out to the side.
Place the inner of your other foot against your knee.
Allow your chin to gently rest to your chest.
Reach with both hands to the foot of the outstretched foot.

LYING KNEE-TO-CHEST STRETCH



Lie on your back keeping one leg flat against the ground.
Kneel your other knee and pull into your chest.
Use your hands to hold the stretch at the top of the movement.

KNEELING REACH FORWARD STRETCH



From a kneeling position, place your hands on the floor in front of you and lower your body.
Look down and slowly reach your hands forward.
Push your buttocks backwards as you stretch.

KNEELING BACK ARCH STRETCH



Kneel on all fours.
Look upwards, allowing your back to slump downwards.

BACK ROTATION STRETCH



From a standing position, cross arms over chest.
Slowly rotate your body to one side, keeping feet facing forward.
Allow body to slouch forward as you turn.

KNEE UP ROTATION STRETCH



From a sitting position, cross one leg over the opposite knee.
Rotate shoulders towards the side of the bent knee.
Apply light pressure to the outside of the knee with your arms to facilitate the stretch.

LATERAL SIDE STRETCH



Stand with feet shoulder-width apart.
Slowly bend to one side, reaching hand down the side of your body.
Keep body upright throughout and avoid reaching forward.

LYING LEG TUCK HIP STRETCH



Start by lying face down on the floor.
Bend one leg in under your stomach and rise up onto your hands.
Reach hands forwards keeping the outstretched leg straight.

LYING KNEE ROLL STRETCH



Lie on the floor and bend legs with your knees together.
Slowly and gently rotate your knees to one side.
Keep arms and upper back in contact with the floor throughout the stretch.

ROTATION HIP STRETCH



Cross one leg in front of your body and the other behind.
Lean from your hips towards your back leg.

Stretching

I'm Flexible



Stretching is a great way to increase flexibility and prevent injury!

Go Back!