

# Physical Fitness Concepts

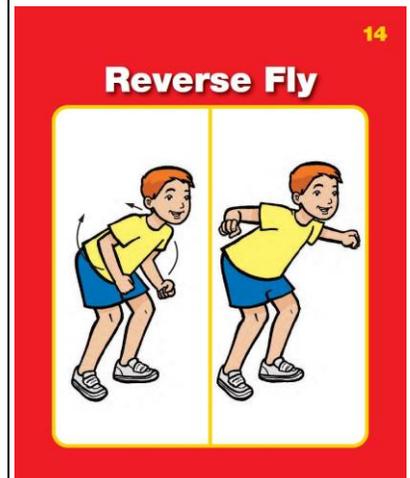
## AEROBIC ENDURANCE

The ability of the heart, lungs, and muscles to perform activity over a sustained period of time.



## MUSCULAR STRENGTH/ MUSCULAR ENDURANCE

- Strength is the ability to produce maximum force one time.
- Endurance is the ability to exert sub-maximum force repeatedly.



## FLEXIBILITY

Ability to move a joint through a complete range of motion.  
(Bend and stretch.)

