



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIVE COMPONENTS OF PHYSICAL FITNESS

YMCA OF GREATER LOUISVILLE



Cardiorespiratory Endurance

The ability of the circulatory and respiratory system to supply oxygen during sustained physical activity. Also termed aerobic fitness.

Mode: running, biking, walking, swimming, rowing, etc.

Warm up: 5 mins of light activity

Duration: 15-60 minutes

Frequency: 3-5 days per week

Intensity: Target Heart Rate 55-85% of age predicted maximum ($220 - \text{age} \times 0.55 - 0.85$)



Muscular Strength and Endurance

Strength: The amount of force a muscle can exert in a single all-out effort.

Endurance: A muscle's ability to perform repeated contractions at sub-maximal force or hold static contractions.

Mode: machine, free weights or body weight

Resistance: weight that fatigues between 8-12 reps

Repetitions: 8-12

Sets: 1-3

Frequency: 3 times per week with 48 hrs rest between

Form: slow and controlled manner (2 sec on exertion and 4 sec on return)



Flexibility

The ability to move the joints and muscles through their full range of motion.

Mode: static stretching

Repetitions: 2-3 per stretch

Hold time: 30-60 sec TOTAL

Frequency: 3-5 times per week



Body Composition

The ratio of lean body mass compared to fat mass.

Normal ranges:

Men: 10% - 22%

Women: 20% - 32%

Body composition is controlled by diet and exercise. See a wellness coach for body fat measurement.

The YMCA recommends the dietary guidelines from the United States Department of Agriculture. Please refer to www.choosemyplate.gov/ for more info.