

# 10 Aspects of Fitness

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1. Cardiac/Respiratory Endurance - The ability of body systems to gather, process, and deliver oxygen. The least affected by gains in strength but still taxed enough to see small changes.
2. Stamina - The ability of body systems to process, deliver, store, and utilize energy. If a runner has a more powerful stride they can go further with the same amount of effort or simply run the same distance faster.
3. Strength - The ability of a muscular unit, or combination of muscular units to apply force. Kinda obvious, gain strength and you get stronger.
4. Flexibility - The ability to maximize the range of motion at a given joint. If deficient, a full range of motion strength program will increase flexibility.
5. Power - The ability of a muscular unit, or combination of muscular units, to apply maximum force in minimum time. Power is strength displayed fast. Strength gains will increase power output (although speed in recruitment is genetic).
6. Speed - The ability to minimize the time cycle of a repeated movement. Force production goes up with increased strength. More force to the ground = more speed.
7. Coordination - The ability to combine several distinct movement patterns into a singular distinct movements. The better your ability to recruit muscle, the better your ability to control the muscle.
8. Agility - The ability to minimize transition time from one movement pattern to another. Reducing the time from one movement to another is improved by greater force production.
9. Balance - The ability to control the placement of the body's center of gravity in relation to its support base. Keeping center of mass over your base is partially due to your ability to produced force.
10. Accuracy - The ability to control movement in a given direction or at a given intensity. Strength gains improve the ability to control movement in a specific direction.