The 5 Components of Health Related Fitness are:

1. Cardiorespiratory Endurance (jogging, cycling, swimming)
2. Muscular Strength (lifting a heavy amount of weight one or two times/short amount of repetitions.)
3. Muscular Endurance (lifting a light amount of weight for many repetitions, performing an exercise over a prolonged time, such as 80 crunches/situps)
4. Flexibility (performing stretches, hurdle stretch, sit and reach, etc)
5. Body Composition

 

 