**Aerobic Fitness**= Oxygen is the primary source of energy.

* Great exercises for Aerobic Fitness are: jogging, running, swimming, and cycling.
* Aerobic fitness is your ability to take oxygen from the atmosphere and use it to produce energy for your muscle cells.
* The amount of oxygen in the blood, pumped by the heart, and transported to the working muscles, as well as the muscles efficiency in using that oxygen (muscles ability to use that oxygen).

 

 