



Are you a super hero?



1. When superman can lift heavy objects over his head what fitness component is he using?

A) flexibility B) muscular strength C) muscular endurance

2. When Spiderman can stretch out to grab his feet what Fitness component is he using?

A) cardiovascular endurance B) flexibility C) coordination

3. When Flash speeds to the finish line, what fitness component is he using?

A) balance B) flexibility C) speed

4. When the Ninja Turtles go back and forth fighting off the bad guys, what fitness component are they using?

A) agility B) muscular strength C) power

5. When Batman chases the joker down the street, what fitness component is he using?

A) speed B) agility C) cardiovascular endurance