Cardiovascular/Aerobic Fitness

Also known as **stamina**, this is the capacity of the heart and circulatory system to meet the demands of sustained activity. It develops as a result of long term training. It increases the size of the heart which then allows it to pump more blood around the body, lowering your resting heart rate.

Muscular endurance

This is the capacity of the **muscles to perform contractions at near maximum levels for an extended period**. Muscles depend on the lactic acid system being efficient enough to keep levels below the amount at which they would become **fatigued**.

Strength

*The maximum force that can be developed within a muscle or group of muscles during a single maximal contraction*. A single all out effort. Refers to movements that require effort.

*If asked in an exam for the definition of strength or any question alike to this that the sentence in italics would be the perfect answer.*