

**Muscular Strength:** Lifting heavy weight for low reps. (1-5 reps.) increases muscle size, increases strength

**Muscular Endurance:** Lifting light-weight for high reps. (10-12 reps.) tones muscle, burns fat, sculpts.

**Cardiovascular Endurance:** When you have the ability to give your body the right amount of oxygen, during physical activity, for a long period of time without fatigue. Usually lasts 20 minutes or more. Increases oxygen to the brain. Promotes blood vessel growth in the brain to help provide oxygen to the brain.

**Flexibility:** Range of motion in a group of muscles, joints, and bones.

**Body Composition:** amount of muscle versus fat a person has.