

**Muscular Endurance:** Being able to do a medium effort (a little harder than normal) movement many times.

**Examples:**

Walking up stairs

Going across monkey bars

Lifting a weight many times

Carrying boxes of clothes

Hiking up a steep hill

Climbing a rope



**Muscular Strength:** Being able to do a strenuous effort just once or twice.

**Examples:**

Lifting a heavy couch

Lifting a heavy weight just once or twice

Picking up a friend

Doing pull ups



**Flexibility:** Being able to stretch your muscles.

**Examples of when you need to be flexible:**

Splits in gymnastics

High kicks in karate

Hockey goalie



**Aerobic Endurance:** Being able to exercise in your target zone for long periods of time (20 minutes or more).

**Examples of when you need aerobic endurance:**

Jogging

Playing soccer

Bicycling at a medium to fast speed

Playing full-court basketball

