

POWER STANDARD 2: I Can Train Myself and Others**FITNESS COMPONENTS AND THE FITT PRINCIPLE:
ANALOGIES**

Name: _____

Fill in the blanks to correctly complete each of the following analogies.

1. Frequency is to how often as _____ is to how hard.
2. Six to 10 reps is to muscular strength as _____ is to muscular endurance.
3. Four days a week is to cardiorespiratory endurance as _____ is to muscular strength.
4. Subtracting your current age from 220 is to maximum heart rate as _____ is to 60% to 80% of your maximum heart rate.
5. Dynamic is to moving as static is to _____.
6. Two or three times a week is to muscular endurance as _____ is to cardiorespiratory endurance.
7. Muscular strength is to power as range of motion is to _____.