

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

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

1. Frequency is to how often as intensity is to how hard.
2. Six to 10 reps is to muscular strength as 12 to 20 reps is to muscular endurance.
3. Four days a week is to cardiorespiratory endurance as two days a week is to muscular strength.
4. Subtracting your current age from 220 is to maximum heart rate as target heart rate is to 60% to 80% of your maximum heart rate.
5. Dynamic is to moving as static is to not moving.
6. Two or three times a week is to muscular endurance as four times a week is to cardiorespiratory endurance.
7. Muscular strength is to power as range of motion is to flexibility.