

Short-Term Action Plan

Component of health-related fitness	How I plan to use it in my fitness program
Cardiovascular endurance (i.e. swimming, jump rope, running, etc.)	
Muscular endurance (i.e. pushups, crunches, lunges etc.)	
Muscular strength (i.e. plank, walking lunges, squats etc.)	
Flexibility (i.e. neck circles, hamstring stretches, etc.)	