Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Building a Fitness Plan Intro Notes Worksheet**

Reasons Exercise is Important?

List the 5 Components of Physical Fitness:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Strength
* Muscular \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List the major muscles of the **upper body**:

List the major muscles of the **lower body**:

Label the major muscles on the diagrams below:

