PHYSICAL CONDITION

1. WHAT IS PHYSICAL CONDITION or PHYSICAL FITNESS?
   "It is the state of my BASIC PHYSICAL ABILITIES and my MOTOR QUALITIES".

2. WHICH ARE THE BASIC PHYSICAL ABILITIES?
   They are four: Endurance (1), Strength (2), Speed (3) and Flexibility (4).

   (1) **ENDURANCE** - is the *basic physical ability* to carry out (realizar, llevar a cabo) prolonged activity.

   (2) **STRENGTH** - is the *basic physical ability* of the muscles to lift a weight or to overcome (vencer) a resistance.

   We use basic physical abilities to achieve the PHYSICAL CONDITION. These skills take part in all the sports and they are related to quantity of movement: running time, jumping metres, repetitions weight lifting…

3. HOW TO TEST YOUR PHYSICAL CONDITION?
   PHYSICAL FITNESS TESTS help you check how fit you are, and see how your physical condition improves with training: Beep test, medicine ball throwing, sit-ups test, sit and reach test…

4. HOW TO IMPROVE YOUR PHYSICAL CONDITION?
   TRAINING is a programme of exercise to help you reach your fitness goals.

   * **Continuous training systems** (you can walk, jog, cycle or swim, without rest) are great for Aerobic Endurance which is very important for your health.

   * **Using your body weight (autoload) or weight training (overload)**, you can improve Strength.