

Training Methods

Component of Fitness	Training Method
Flexibility	Static
	Active/dynamic
	Passive
	Ballistic (This can cause injuries if done incorrectly)
Muscular Strength	Use of resistance machines
Muscular Endurance	Use of free weights
	Circuit training
Power	Plyometric training (power)
Aerobic Endurance	Continuous training
	Fartlek training
	Interval training
Speed	Hollow sprints
	Acceleration Sprints
	Hill Sprints

Methods Of Fitness

Mary M. Yoke, Carol K. Armbruster



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