NOAH: 15 years old. Desperately wants to play halfback for the junior varsity football team next year. The coach has told Noah his chances are good if he can increase his \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , particularly in his arms and legs. This will help speed and power. Noah is now in average physical condition.

MARIANNE: 13 years old . Has put on an extra 10 pounds during the last 6 months. Marianne doesn’t feel good about herself, and to make matters worse, she been suffering from colds. She’s not in very good physical shape and would like to look and feel better. This fitness component she is trying to work on is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

JAKE: 14 years old. It has always been his ambition to enter a triathlon. This is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ involving, swimming, bicycling and running. For can’t enter until he is 16, so he has two years to train for it. He is presently in good condition but for this event he must be in super shape.

BREALYN: 12 years old. Is interested in becoming a hurdler. She did quite well in the sprits in elementary school but she needs to work on her \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . She is tall and has the speed, power and coordination to be a good hurdler.

ANTHONY: 16 years old. Is more of a gamer, but would like to enter the Schools Push Up Contest. He currently can do 20 but would like to do more to win. This fitness component he is trying to work on is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.