

B	I	N	G	O
Speed	12 min cooper run	FITT	Reliability	Individual needs
Coordination	Specificity	Over training	Agility	Progressive overload
Sit up test	Validity	FREE	Balance	Hand grip dynamiter
Harvard step test	Rest and recovery	Health	Flexibility	Muscular enduranc e
Fitness	Cardiovascular endurance	Power	Vertical jump test	Exercise

B	I	N	G	O
Validity	Agility	Reliability	Coordination	Over training
FITT	Vertical jump test	Individual needs	Cardiovascular endurance	Progressive overload
Harvard step test	Balance	FREE	Hand grip dynamiter	12 min cooper run
Flexibility	Power	Speed	Exercise	Rest and recovery
Health	Muscular endurance	Sit up test	Specificity	Fitness

B	I	N	G	O
Cardiovascular endurance	Power	Agility	Muscular endurance	Balance
Speed	Harvard step test	Health	Specificity	Individual needs
Sit up test	Exercise	FREE	Rest and recovery	Flexibility
Validity	Progressive overload	Reliability	Vertical jump test	FITT
Hand grip dynamiter	12 min cooper run	Over training	Coordination	Fitness