

HS Fitness Class Results (Boys)

High School Boys (14) results averaged as a group

1st Semester 2010-2011

Beginning Date: Sept 2010

Ending Date: Jan 2011

Health Information

	Beginning Date	Ending Date	Change
Height	Sept.2010	Jan.2011	(+ .66 inches)
Weight	Sept.2010	Jan.2011	(+ 2.5 lbs)
Resting Heart Rate	Sept.2010	Jan.2011	<3 beats per min
Body Fat %	Sept.2010	Jan.2011	(- 2.7%)
Lean Muscle Weight	Sept.2010	Jan.2011	(+ 6.9 lbs.)
Fat Weight	Sept.2010	Jan.2011	(- 4.37 lbs.)

Physical Tests

	Beginning	Ending	Change
Cardiovascular			
1600 meter Run			
Strength			
Push ups (1 minute)	Sept.2010	Jan.2011	(+ 11)
Sit ups (1 minute)	Sept.2010	Jan.2011	(+1.4)
Flexibility			
Sit & Reach	Sept.2010	Jan.2011	(+1.67 inches)
Agilities			
Shuttle Run (40 yards)	Sept.2010	Jan.2011	(- .64 sec.)
Standing Broad Jump	Sept.2010	Jan.2011	(+3.0 inches)

Weight Training Workouts

	Beginning	Ending	Change
Exercises			
Bench Press	Sept.2010	Jan.2011	(+ 77.85 pounds)
Military Press	Sept.2010	Jan.2011	(+ 25.35 pounds)
Lat Pulls	Sept.2010	Jan.2011	(+ 46.42 pounds)
Bicep Curls	Sept.2010	Jan.2011	(+ 22.14 pounds)
Tricep Press Downs	Sept.2010	Jan.2011	(+ 17.14 pounds)
Squats	Sept.2010	Jan.2011	(+ 142.5 pounds)
Leg Extension	Sept.2010	Jan.2011	(+ 29.23 pounds)
Leg Curl	Sept.2010	Jan.2011	(+ 20.00 pounds)