

HS Fitness Class Results (Girls)

High School Girls (7) 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	(+ .39 inches)
Weight	Sept.2010	Jan.2011	(+ .14 lbs)
Resting Heart Rate	Sept.2010	Jan.2011	<1 beat per min
Body Fat %	Sept.2010	Jan.2011	(- 2.0%)
Lean Muscle Weight	Sept.2010	Jan.2011	(+ 3.12 lbs.)
Fat Weight	Sept.2010	Jan.2011	(- 3.50 lbs.)

Physical Tests

	Beginning	Ending	Change
Cardiovascular			
1600 meter Run			
Strength			
Push ups (1 minute)	Sept.2010	Jan.2011	(+ 13)
Sit ups (1 minute)	Sept.2010	Jan.2011	(+5)
Flexibility			
Sit & Reach	Sept.2010	Jan.2011	(+1.46 inches)
Agilities			
Shuttle Run (40 yards)	Sept.2010	Jan.2011	(- .44 sec.)
Standing Broad Jump	Sept.2010	Jan.2011	(+3.42 inches)

Weight Training Workouts

	Beginning	Ending	Change
Exercises			
Bench Press	Sept.2010	Jan.2011	(+ 42.14 pounds)
Military Press	Sept.2010	Jan.2011	(+ 14.00 pounds)
Lat Pulls	Sept.2010	Jan.2011	(+ 31.42 pounds)
Bicep Curls	Sept.2010	Jan.2011	(+ 6.42 pounds)
Tricep Press Downs	Sept.2010	Jan.2011	(+ 10.00 pounds)
Squats	Sept.2010	Jan.2011	(+ 102.1 pounds)
Leg Extension	Sept.2010	Jan.2011	(+ 28.57 pounds)
Leg Curl	Sept.2010	Jan.2011	(+ 10.00 pounds)