

## HS Fitness Results (Boys)

High School Boys (29) results averaged as a group

2nd Semester 2011-2012

Beginning Date: Jan. 2012

Ending Date: June 2012

### Health Information

	Beginning	Ending	Difference
Height	Jan. 2012	Jun. 2012	(+.77 inches)
Weight	Jan. 2012	Jun. 2012	(+6.6 lbs.)
Resting Heart Rate	Jan. 2012	Jun. 2012	(<4 bpm)
Body Fat %	Jan. 2012	Jun. 2012	(-1.05%)
Lean Muscle Weight	Jan. 2012	Jun. 2012	(+8.30 lbs.)
Fat Weight	Jan. 2012	Jun. 2012	(+.93 lbs.)

### Physical Tests

	Beginning	Ending	Difference
<b>Cardiovascular</b>			
1600 meter Run	Jan. 2012	Jun. 2012	(-40 sec.)
<b>Strength</b>			
Push ups (1 minute)	Jan. 2012	Jun. 2012	(+ 9.5)
Sit ups (1 minute)	Jan. 2012	Jun. 2012	(+4.7)
<b>Flexibility</b>			
Sit & Reach	Jan. 2012	Jun. 2012	(+.60 inches)
<b>Agilities</b>			
Shuttle Run (40 yards)	Jan. 2012	Jun. 2012	(-.41 sec.)
Standing Broad Jump	Jan. 2012	Jun. 2012	(+2.3 inches)

### Weight Training Workouts

	Beginning	Ending	Difference
<b>Exercises</b>			
Bench Press	Jan. 2012	Jun. 2012	(+71 pounds)
Military Press	Jan. 2012	Jun. 2012	(+14 pounds)
Lat Pulls	Jan. 2012	Jun. 2012	(+35 pounds)
Bicep Curls	Jan. 2012	Jun. 2012	(+19 pounds)
Tricep Press Downs	Jan. 2012	Jun. 2012	(+13 pounds)
Squats	Jan. 2012	Jun. 2012	(+68 pounds)
Leg Extension	Jan. 2012	Jun. 2012	(+30 pounds)
Leg Curl	Jan. 2012	Jun. 2012	(+16 pounds)