

HS Fitness Results (Girls)

High School Girls (14) results averaged as a group

1st Semester 2011-2012

Beginning Date: Sept. 2011

Ending Date: Jan. 2012

Health Information

	Beginning	Ending	Difference
Height	Sept. 2011	Jan. 2012	(+.25 inches)
Weight	Sept. 2011	Jan. 2012	(+0 lbs.)
Resting Heart Rate	Sept. 2011	Jan. 2012	(<6 bpm)
Body Fat %	Sept. 2011	Jan. 2012	(-3.0%)
Lean Muscle Weight	Sept. 2011	Jan. 2012	(+3.2 lbs.)
Fat Weight	Sept. 2011	Jan. 2012	(-5.2 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Sept. 2011	Jan. 2012	(-1:00 sec.)
Strength			
Push ups (1 minute)	Sept. 2011	Jan. 2012	(+ 10.7)
Sit ups (1 minute)	Sept. 2011	Jan. 2012	(+4.6)
Flexibility			
Sit & Reach	Sept. 2011	Jan. 2012	(+.83 inches)
Agilities			
Shuttle Run (40 yards)	Sept. 2011	Jan. 2012	(-.20 sec.)
Standing Broad Jump	Sept. 2011	Jan. 2012	(+1.0 inches)

Weight Training Workouts

	Beginning	Ending	Difference
Exercises			
Bench Press	Sept. 2011	Jan. 2012	(+46 pounds)
Military Press	Sept. 2011	Jan. 2012	(+17 pounds)
Lat Pulls	Sept. 2011	Jan. 2012	(+30 pounds)
Bicep Curls	Sept. 2011	Jan. 2012	(+13 pounds)
Tricep Press Downs	Sept. 2011	Jan. 2012	(+14 pounds)
Squats	Sept. 2011	Jan. 2012	(+55 pounds)
Leg Extension	Sept. 2011	Jan. 2012	(+20 pounds)
Leg Curl	Sept. 2011	Jan. 2012	(+8 pounds)