

HS Fitness Results (Girls)

High School girls (14) 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	(+.16 inches)
Weight	Jan. 2012	Jun. 2012	(+1.0 lbs.)
Resting Heart Rate	Jan. 2012	Jun. 2012	(<3 bpm)
Body Fat %	Jan. 2012	Jun. 2012	(-1.7%)
Lean Muscle Weight	Jan. 2012	Jun. 2012	(+3.0 lbs.)
Fat Weight	Jan. 2012	Jun. 2012	(+2.63 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Jan. 2012	Jun. 2012	(-37 sec.)
Strength			
Push ups (1 minute)	Jan. 2012	Jun. 2012	(+ 11)
Sit ups (1 minute)	Jan. 2012	Jun. 2012	(+2.5)
Flexibility			
Sit & Reach	Jan. 2012	Jun. 2012	(+1.0 inches)
Agilities			
Shuttle Run (40 yards)	Jan. 2012	Jun. 2012	(-.46 sec.)
Standing Broad Jump	Jan. 2012	Jun. 2012	(+1.8 inches)

Weight Training Workouts

	Beginning	Ending	Difference
Exercises			
Bench Press	Jan. 2012	Jun. 2012	(+43 pounds)
Military Press	Jan. 2012	Jun. 2012	(+6 pounds)
Lat Pulls	Jan. 2012	Jun. 2012	(+24 pounds)
Bicep Curls	Jan. 2012	Jun. 2012	(+13 pounds)
Tricep Press Downs	Jan. 2012	Jun. 2012	(+14 pounds)
Squats	Jan. 2012	Jun. 2012	(+86 pounds)
Leg Extension	Jan. 2012	Jun. 2012	(+21 pounds)
Leg Curl	Jan. 2012	Jun. 2012	(+7 pounds)