

HS Fitness Results (Girls)

High School Girls (7) results averaged as a group

1st Semester 2012-2013

Beginning Date: Sept. 2012

Ending Date: Jan. 2013

Health Information

	Beginning	Ending	Difference
Height	Sept. 2012	Jan. 2013	(+.39 inches)
Weight	Sept. 2012	Jan. 2013	(+2 lbs)
Resting Heart Rate	Sept. 2012	Jan. 2013	(<1 bpm)
Body Fat %	Sept. 2012	Jan. 2013	(-3.34%)
Lean Muscle Weight	Sept. 2012	Jan. 2013	(+6.3 lbs.)
Fat Weight	Sept. 2012	Jan. 2013	(-5.0 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Sept. 2012	Jan. 2013	
Strength			
Push ups (1 minute)	Sept. 2012	Jan. 2013	(+ 6.7)
Sit ups (1 minute)	Sept. 2012	Jan. 2013	(+2.6)
Flexibility			
Sit & Reach	Sept. 2012	Jan. 2013	(+1.37 inches)
Agilities			
Shuttle Run (40 yards)	Sept. 2012	Jan. 2013	(-.20 sec.)
Standing Broad Jump	Sept. 2012	Jan. 2013	(+2.0 inches)

Weight Training Workouts

	Beginning	Ending	Difference
Exercises			
Bench Press	Sept. 2012	Jan. 2013	(+20 pounds)
Military Press	Sept. 2012	Jan. 2013	(+10 pounds)
Lat Pulls	Sept. 2012	Jan. 2013	(+25 pounds)
Bicep Curls	Sept. 2012	Jan. 2013	(+10 pounds)
Tricep Press Downs	Sept. 2012	Jan. 2013	(+19 pounds)
Squats	Sept. 2012	Jan. 2013	(+24 pounds)
Leg Extension	Sept. 2012	Jan. 2013	(+14 pounds)
Leg Curl	Sept. 2012	Jan. 2013	(+10 pounds)