

## HS Fitness Results (Boys)

**High School Boys (20) results averaged as a group**

**2nd Semester 2012-2013**

**Beginning Date: Jan. 2013**

**Ending Date: June 2013**

### Health Information

	Beginning	Ending	Difference
Height	Jan. 2013	Jun. 2013	(+.27inches)
Weight	Jan. 2013	Jun. 2013	(+7.15 lbs.)
Resting Heart Rate	Jan. 2013	Jun. 2013	(<4 bpm)
Body Fat %	Jan. 2013	Jun. 2013	(-.76%)
Lean Muscle Weight	Jan. 2013	Jun. 2013	(+6.15 lbs.)
Fat Weight	Jan. 2013	Jun. 2013	(-1.0 lbs.)

### Physical Tests

	Beginning	Ending	Difference
<b>Cardiovascular</b>			
1600 meter Run	Sept. 2012	Jan. 2013	
<b>Strength</b>			
Push ups (1 minute)	Sept. 2012	Jan. 2013	(+ 6.2)
Sit ups (1 minute)	Sept. 2012	Jan. 2013	(+2.4)
<b>Flexibility</b>			
Sit & Reach	Sept. 2012	Jan. 2013	(+1.0 inches)
<b>Agilities</b>			
Shuttle Run (40 yards)	Sept. 2012	Jan. 2013	(-.86 sec.)
Standing Broad Jump	Sept. 2012	Jan. 2013	(+3.0 inches)

### Weight Training Workouts

	Beginning	Ending	Difference
<b>Exercises</b>			
Bench Press	Sept. 2012	Jan. 2013	(+65 pounds)
Military Press	Sept. 2012	Jan. 2013	(+34 pounds)
Lat Pulls	Sept. 2012	Jan. 2013	(+25 pounds)
Bicep Curls	Sept. 2012	Jan. 2013	(+14 pounds)
Tricep Press Downs	Sept. 2012	Jan. 2013	(+20 pounds)
Squats	Sept. 2012	Jan. 2013	(+45 pounds)
Leg Extension	Sept. 2012	Jan. 2013	(+20 pounds)
Leg Curl	Sept. 2012	Jan. 2013	(+10 pounds)
<b>Top Marks this Year</b>	Bench Press	345 lbs	
	Squats	405 lbs	