

HS Fitness Results (Boys)

High School Boys (29) results averaged as a group

1st Semester 2013-2014

Beginning Date: Sept. 2013

Ending Date: Jan. 2014

Health Information

	Beginning	Ending	Difference
Height	Sept. 2013	Jan. 2014	(+.38 inches)
Weight	Sept. 2013	Jan. 2014	(+2.8 lbs.)
Resting Heart Rate	Sept. 2013	Jan. 2014	(<4 bpm)
Body Fat %	Sept. 2013	Jan. 2014	(-2.0%)
Lean Muscle Weight	Sept. 2013	Jan. 2014	(+5.10 lbs.)
Fat Weight	Sept. 2013	Jan. 2014	(-3.63 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Sept. 2013	Jan. 2014	(-25 sec.)
Strength			
Push ups (1 minute)	Sept. 2013	Jan. 2014	(+ 6.7)
Sit ups (1 minute)	Sept. 2013	Jan. 2014	(+3.0)
Flexibility			
Sit & Reach	Sept. 2013	Jan. 2014	(+2.0 inches)
Agilities			
Shuttle Run (40 yards)	Sept. 2013	Jan. 2014	(-.28 sec.)
Standing Broad Jump	Sept. 2013	Jan. 2014	(+1.43 inches)

Weight Training Workouts

	Beginning	Ending	Difference
Exercises			
Bench Press	Sept. 2013	Jan. 2014	(+40 pounds)
Military Press	Sept. 2013	Jan. 2014	(+16 pounds)
Lat Pulls	Sept. 2013	Jan. 2014	(+26 pounds)
Bicep Curls	Sept. 2013	Jan. 2014	(+12 pounds)
Tricep Press Downs	Sept. 2013	Jan. 2014	(+16 pounds)
Squats	Sept. 2013	Jan. 2014	(+38 pounds)
Leg Extension	Sept. 2013	Jan. 2014	(+24 pounds)
Leg Curl	Sept. 2013	Jan. 2014	(+16 pounds)