

HS Fitness Results (Boys)

High School Boys (30) results averaged as a group

2nd Semester 2013-2014

Beginning Date: Jan. 2014

Ending Date: June 2014

Health Information

	Beginning	Ending	Difference
Height	Jan. 2014	Jun. 2014	(+.39 inches)
Weight	Jan. 2014	Jun. 2014	(+5.6 lbs.)
Resting Heart Rate	Jan. 2014	Jun. 2014	(<2 bpm)
Body Fat %	Jan. 2014	Jun. 2014	(-1.07%)
Lean Muscle Weight	Jan. 2014	Jun. 2014	(+5.43 lbs.)
Fat Weight	Jan. 2014	Jun. 2014	(+.53 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Jan. 2014	Jun. 2014	(-4 sec.)
400 meter Run	Jan. 2014	Jun. 2014	(-1.06 sec.)
Strength			
Push ups (1 minute)	Jan. 2014	Jun. 2014	(+ 3.6)
Sit ups (1 minute)	Jan. 2014	Jun. 2014	(+1.8)
Flexibility			
Sit & Reach	Jan. 2014	Jun. 2014	(+.53 inches)
Agilities			
Shuttle Run (40 yards)	Jan. 2014	Jun. 2014	(-.41 sec.)
Standing Broad Jump	Jan. 2014	Jun. 2014	(+2.3 inches)
Dot Drills	Jan. 2014	Jun. 2014	(-.016 sec.)