

HS Fitness Results (Girls)

High School Girls (8) results averaged as a group

1st Semsester 2013-2014

Beginning Date: Sept. 2013

Ending Date: Jan. 2014

Health Information

	Beginning	Ending	Difference
Height	Sept. 2013	Jan. 2014	(+.21 inches)
Weight	Sept. 2013	Jan. 2014	(-.5 lbs.)
Resting Heart Rate	Sept. 2013	Jan. 2014	(<2 bpm)
Body Fat %	Sept. 2013	Jan. 2014	(-2.4%)
Lean Muscle Weight	Sept. 2013	Jan. 2014	(+3.5 lbs.)
Fat Weight	Sept. 2013	Jan. 2014	(-3.0 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Sept. 2013	Jan. 2014	(-21 sec.)
Strength			
Push ups (1 minute)	Sept. 2013	Jan. 2014	(+ 9.2)
Sit ups (1 minute)	Sept. 2013	Jan. 2014	(+4.8)
Flexibility			
Sit & Reach	Sept. 2013	Jan. 2014	(+1.2 inches)
Agilities			
Shuttle Run (40 yards)	Sept. 2013	Jan. 2014	(-.29 sec.)
Standing Broad Jump	Sept. 2013	Jan. 2014	(+2 inches)

Weight Training Workouts

	Beginning	Ending	Difference
Exercises			
Bench Press	Sept. 2013	Jan. 2014	(+21 pounds)
Military Press	Sept. 2013	Jan. 2014	(+9 pounds)
Lat Pulls	Sept. 2013	Jan. 2014	(+22 pounds)
Bicep Curls	Sept. 2013	Jan. 2014	(+8 pounds)
Tricep Press Downs	Sept. 2013	Jan. 2014	(+10 pounds)
Squats	Sept. 2013	Jan. 2014	(+30 pounds)
Leg Extension	Sept. 2013	Jan. 2014	(+14 pounds)
Leg Curl	Sept. 2013	Jan. 2014	(+10 pounds)