

HS Fitness Results (Girls)

High School Boys (4) 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	(+.25 inches)
Weight	Jan. 2014	Jun. 2014	(+2.0 lbs.)
Resting Heart Rate	Jan. 2014	Jun. 2014	(<2 bpm)
Body Fat %	Jan. 2014	Jun. 2014	(-2.17%)
Lean Muscle Weight	Jan. 2014	Jun. 2014	(+5.03 lbs.)
Fat Weight	Jan. 2014	Jun. 2014	(-2.6 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Jan. 2014	Jun. 2014	(-30 sec.)
400 meter Run	Jan. 2014	Jun. 2014	(-16 sec.)
Strength			
Push ups (1 minute)	Jan. 2014	Jun. 2014	(+ 12)
Sit ups (1 minute)	Jan. 2014	Jun. 2014	(+6.8)
Flexibility			
Sit & Reach	Jan. 2014	Jun. 2014	(+1.5 inches)
Agilities			
Shuttle Run (40 yards)	Jan. 2014	Jun. 2014	(-1.31 sec.)
Standing Broad Jump	Jan. 2014	Jun. 2014	(+3.3 inches)
Dot Drills	Jan. 2014	Jun. 2014	(-.57 sec.)