

## HS Fitness Results (Boys)

**High School Boys (16) results averaged as a group**

**2nd Semester 2014-2015**

**Beginning Date: Jan. 2015**

**Ending Date: June 2015**

### Health Information

	Beginning	Ending	Difference
Height	Jan. 2015	Jun. 2015	(+.19 inches)
Weight	Jan. 2015	Jun. 2015	(+6.5 lbs.)
Resting Heart Rate	Jan. 2015	Jun. 2015	(<2 bpm)
Body Fat %	Jan. 2015	Jun. 2015	(-1.0%)
Lean Muscle Weight	Jan. 2015	Jun. 2015	(+6.3 lbs.)
Fat Weight	Jan. 2015	Jun. 2015	(-.62 lbs.)

### Physical Tests

	Beginning	Ending	Difference
<b>Cardiovascular</b>			
1600 meter Run	Jan. 2015	Jun. 2015	(-28.2 sec.)
400 meter Run	Jan. 2015	Jun. 2015	(-3.30 sec.)
<b>Strength</b>			
Push ups (1 minute)	Jan. 2015	Jun. 2015	(+ 6.2)
Sit ups (1 minute)	Jan. 2015	Jun. 2015	(+6)
<b>Flexibility</b>			
Sit & Reach	Jan. 2015	Jun. 2015	(+1.38 inches)
<b>Agilities</b>			
Shuttle Run (40 yards)	Jan. 2015	Jun. 2015	(-.42 sec.)
Standing Broad Jump	Jan. 2015	Jun. 2015	(+3.66 inches)
Dot Drills	Jan. 2015	Jun. 2015	(-1.55 sec.)