

HS Fitness Results (Girls)

High School Girls (4) 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	(+.25 inches)
Weight	Jan. 2015	Jun. 2015	(-2.0 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	(+3.3 lbs.)
Fat Weight			(-1.33lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Jan. 2015	Jun. 2015	(-40.6 sec.)
400 meter Run	Jan. 2015	Jun. 2015	(-2 sec.)
Strength			
Push ups (1 minute)	Jan. 2015	Jun. 2015	(+6.6)
Sit ups (1 minute)	Jan. 2015	Jun. 2015	(+6.3)
Flexibility			
Sit & Reach	Jan. 2015	Jun. 2015	(+1.16 inches)
Agilities			
Shuttle Run (40 yards)	Jan. 2015	Jun. 2015	(-1.33 sec.)
Standing Broad Jump	Jan. 2015	Jun. 2015	(+3.35 inches)
Dot Drills	Jan. 2015	Jun. 2015	(-.60 sec.)