

## HS Fitness Results Girls)

**High School Girls (4) results averaged as a group**

**1st Semsester 2014-2015**

**Beginning Date: Sept. 2014**

**Ending Date: Jan. 2015**

### Health Information

	Beginning	Ending	Difference
Height	Sept. 2014	Jan. 2015	(+.125 inches)
Weight	Sept. 2014	Jan. 2015	(+1.0 lbs.)
Resting Heart Rate	Sept. 2014	Jan. 2015	(<1.0 bpm)
Body Fat %	Sept. 2014	Jan. 2015	(-3.66%)
Lean Muscle Weight	Sept. 2014	Jan. 2015	(+3.7 lbs.)
Fat Weight	Sept. 2014	Jan. 2015	(-5.00 lbs.)

### Physical Tests

	Beginning	Ending	Difference
<b>Cardiovascular</b>			
1600 meter Run	Sept. 2014	Jan. 2015	Test in May
<b>Strength</b>			
Push ups (1 minute)	Sept. 2014	Jan. 2015	(+ 12.3)
Sit ups (1 minute)	Sept. 2014	Jan. 2015	(+1.9)
<b>Flexibility</b>			
Sit & Reach	Sept. 2014	Jan. 2015	(+2 inches)
<b>Agilities</b>			
Shuttle Run (40 yards)	Sept. 2014	Jan. 2015	(-.16 sec.)
Standing Broad Jump	Sept. 2014	Jan. 2015	(+3.16 inches)

### Weight Training Workouts

	Beginning	Ending	Difference
<b>Exercises</b>			
Bench Press	Sept. 2014	Jun. 2015	
Military Press	Sept. 2014	Jun. 2015	
Lat Pulls	Sept. 2014	Jun. 2015	
Bicep Curls	Sept. 2014	Jun. 2015	
Tricep Press Downs	Sept. 2014	Jun. 2015	
Squats	Sept. 2014	Jun. 2015	
Leg Extension	Sept. 2014	Jun. 2015	
Leg Curl	Sept. 2014	Jun. 2015	