

HS Fitness Results (Boys)

High School Boys (22) results averaged as a group

2nd Semester 2015-2016

Beginning Date: Jan. 2016

Ending Date: June 2016

Health Information

	Beginning	Ending	Difference
Height	Jan. 2016	Jun-16	(+.35 inches)
Weight	Jan. 2016	Jun-16	(+4.6 lbs.)
Resting Heart Rate	Jan. 2016	Jun-16	(<2.5 bpm)
Body Fat %	Jan. 2016	Jun-16	(-1.45%)
Lean Muscle Weight	Jan. 2016	Jun-16	(+5.4 lbs.)
Fat Weight	Jan. 2016	Jun-16	(-1.32 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Jan. 2016	Jun-16	(-56.4 sec.)
400 meter Run	Jan. 2016	Jun-16	(-7.36 sec.)
Strength			
Push ups (1 minute)	Jan. 2016	Jun-16	(+ 8.9)
Sit ups (1 minute)	Jan. 2016	Jun-16	(+5.9)
Flexibility			
Sit & Reach	Jan. 2016	Jun-16	(+1.36 inches)
Agilities			
Shuttle Run (40 yards)	Jan. 2016	Jun-16	(-.37 sec.)
Standing Broad Jump	Jan. 2016	Jun-16	(+3.0 inches)
Dot Drills	Jan. 2016	Jun-16	(-.85 sec.)