

HS Fitness Results (Girls)

High School Girls (11) results averaged as a group

2nd Semester 2015-2016

Beginning Date: Jan. 2015

Ending Date: June 2016

Health Information

	Beginning	Ending	Difference
Height	Jan. 2016	Jun. 2016	(+.29 inches)
Weight	Jan. 2016	Jun. 2016	(-.63 lbs.)
Resting Heart Rate	Jan. 2016	Jun. 2016	(<1.5 bpm)
Body Fat %	Jan. 2016	Jun. 2016	(-1.57%)
Lean Muscle Weight	Jan. 2016	Jun. 2016	(+1.2 lbs.)
Fat Weight	Jan. 2016	Jun. 2016	(-2.12 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Jan. 2016	Jun. 2016	(-33 sec.)
400 meter Run	Jan. 2016	Jun. 2016	(-5.5 sec.)
Strength			
Push ups (1 minute)	Jan. 2016	Jun. 2016	(+5.5)
Sit ups (1 minute)	Jan. 2016	Jun. 2016	(+6.4)
Flexibility			
Sit & Reach	Jan. 2016	Jun. 2016	(+1.02 inches)
Agilities			
Shuttle Run (40 yards)	Jan. 2016	Jun. 2016	(-1.01 sec.)
Standing Broad Jump	Jan. 2016	Jun. 2016	(+3.10 inches)
Dot Drills	Jan. 2016	Jun. 2016	(-.90 sec.)