

## HS Fitness Results (Boys)

**High School Boys (14) results averaged as a group**

**1st Semester 2015-2016**

**Beginning Date: Sept. 2015**

**Ending Date: Jan. 2016**

### Health Information

	Beginning	Ending	Difference
Height	Sept. 2015	Jan. 2016	(+.08 inches)
Weight	Sept. 2015	Jan. 2016	(+1.7 lbs.)
Resting Heart Rate	Sept. 2015	Jan. 2016	(<3.2 bpm)
Body Fat %	Sept. 2015	Jan. 2016	(-1.38%)
Lean Muscle Weight	Sept. 2015	Jan. 2016	(+3.3 lbs.)
Fat Weight	Sept. 2015	Jan. 2016	(-2.52 lbs.)

### Physical Tests

	Beginning	Ending	Difference
<b>Cardiovascular</b>			
1600 meter Run	Sept. 2015	June	N/A
400 meter Run	Sept. 2015	June	N/A
<b>Strength</b>			
Push ups (1 minute)	Sept. 2015	Jan. 2016	(+ 17.9)
Sit ups (1 minute)	Sept. 2015	Jan. 2016	(+9)
<b>Flexibility</b>			
Sit & Reach	Sept. 2015	Jan. 2016	(+2.25 inches)
<b>Agilities</b>			
Shuttle Run (40 yards)	Sept. 2015	Jan. 2016	(-.27 sec.)
Standing Broad Jump	Sept. 2015	Jan. 2016	(+3.50 inches)
Dot Drills	Sept. 2015	Jan. 2016	(-1.55 sec.)