

HS Fitness Results (Girls)

High School Girls (8) 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	(+.062 inches)
Weight	Sept. 2015	Jan. 2016	(+3.5 lbs.)
Resting Heart Rate	Sept. 2015	Jan. 2016	(<1.2 bpm)
Body Fat %	Sept. 2015	Jan. 2016	(-.87%)
Lean Muscle Weight	Sept. 2015	Jan. 2016	(+5.2 lbs.)
Fat Weight	Sept. 2015	Jan. 2016	(-1.02 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Sept. 2015	June	N/A
400 meter Run	Sept. 2015	June	N/A
Strength			
Push ups (1 minute)	Sept. 2015	Jan. 2016	(+6.7)
Sit ups (1 minute)	Sept. 2015	Jan. 2016	(+4.8)
Flexibility			
Sit & Reach	Sept. 2015	Jan. 2016	(+1.25 inches)
Agilities			
Shuttle Run (40 yards)	Sept. 2015	Jan. 2016	(-.40 sec.)
Standing Broad Jump	Sept. 2015	Jan. 2016	(+2.50 inches)
Dot Drills	Sept. 2015	Jan. 2016	(-1.60 sec.)