

HS Fitness Results (Boys)

High School Boys (16) results averaged as a group

1st Semester 2016-2017

Beginning Date: Sept. 2016

Ending Date: Jan. 2017

Health Information

	Beginning	Ending	Difference
Height	Sept. 2016	Jan. 2017	(+.35 inches)
Weight	Sept. 2016	Jan. 2017	(+3.0 lbs.)
Resting Heart Rate	Sept. 2016	Jan. 2017	(<2.1 bpm)
Body Fat %	Sept. 2016	Jan. 2017	(-1.58%)
Lean Muscle Weight	Sept. 2016	Jan. 2017	(+4.2 lbs.)
Fat Weight	Sept. 2016	Jan. 2017	(-1.55 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Sept. 2016	June	N/A
400 meter Run	Sept. 2016	June	N/A
Strength			
Push ups (1 minute)	Sept. 2016	Jan. 2017	(+ 8.9)
Sit ups (1 minute)	Sept. 2016	Jan. 2017	(+4)
Flexibility			
Sit & Reach	Sept. 2016	Jan. 2017	(+1.20 inches)
Agilities			
Shuttle Run (40 yards)	Sept. 2016	Jan. 2017	(-.32 sec.)
Standing Broad Jump	Sept. 2016	Jan. 2017	(+2.40 inches)
Dot Drills	Sept. 2016	Jan. 2017	(-.67 sec.)