

HS Fitness Results (Boys)

High School Boys (17) results averaged as a group

2nd Semester 2016-2017

Beginning Date: Jan. 2017

Ending Date: June 2017

Health Information

	Beginning	Ending	Difference
Height	Jan. 2017	June. 2017	(+.31 inches)
Weight	Jan. 2017	June. 2017	(+3.62 lbs.)
Resting Heart Rate	Jan. 2017	June. 2017	(<2.1 bpm)
Body Fat %	Jan. 2017	June. 2017	(-1.38%)
Lean Muscle Weight	Jan. 2017	June. 2017	(+5.43 lbs.)
Fat Weight	Jan. 2017	June. 2017	(-1.62 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Jan. 2017	June. 2017	(-54.1 sec.)
400 meter Run	Jan. 2017	June. 2017	(-3.85 sec.)
Strength			
Push ups (1 minute)	Jan. 2017	June. 2017	(+ 7.3)
Sit ups (1 minute)	Jan. 2017	June. 2017	(+5)
Flexibility			
Sit & Reach	Jan. 2017	June. 2017	(+1.0 inch)
Agilities			
Shuttle Run (40 yards)	Jan. 2017	June. 2017	(-.30 sec.)
Vertical Jump	Jan. 2017	June. 2017	(+1.5inches)
Standing Broad Jump	Jan. 2017	June. 2017	(+2.8 inches)
Dot Drills	Jan. 2017	June. 2017	(-.52 sec.)