

HS Fitness Results (Girls)

High School Girls (6) results averaged as a group

1st Semester 2016-17

Beginning Date: Sept. 2016

Ending Date: Jan. 2017

Health Information

	Beginning	Ending	Difference
Height	Sept. 2016	Jan. 2017	(+.30 inches)
Weight	Sept. 2016	Jan. 2017	(-3.0 lbs.)
Resting Heart Rate	Sept. 2016	Jan. 2017	(<7.6 bpm)
Body Fat %	Sept. 2016	Jan. 2017	(-2.3%)
Lean Muscle Weight	Sept. 2016	Jan. 2017	(+3.4 lbs.)
Fat Weight	Sept. 2016	Jan. 2017	(-3.72 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	(+5.7)
Sit ups (1 minute)	Sept. 2016	Jan. 2017	(+7.0)
Flexibility			
Sit & Reach	Sept. 2016	Jan. 2017	(+1.80 inches)
Agilities			
Shuttle Run (40 yards)	Sept. 2016	Jan. 2017	(-.46 sec.)
Standing Broad Jump	Sept. 2016	Jan. 2017	(+2.75 inches)
Dot Drills	Sept. 2016	Jan. 2017	(-1.45 sec.)