

## HS Fitness Results (Girls)

**High School Girls (6) results averaged as a group**

**2nd Semester 2016-17**

**Beginning Date: Jan. 2017**

**Ending Date: June 2017**

### Health Information

	Beginning	Ending	Difference
Height	Jan. 2017	June. 2017	(+.20 inches)
Weight	Jan. 2017	June. 2017	(-2.0 lbs.)
Resting Heart Rate	Jan. 2017	June. 2017	(<2.7 bpm)
Body Fat %	Jan. 2017	June. 2017	(-2.8%)
Lean Muscle Weight	Jan. 2017	June. 2017	(+5.4 lbs.)
Fat Weight	Jan. 2017	June. 2017	(-4.67 lbs.)

### Physical Tests

		Ending	Difference
<b>Cardiovascular</b>			
1600 meter Run	Jan. 2017	June. 2017	N/A
400 meter Run	Jan. 2017	June. 2017	N/A
<b>Strength</b>			
Push ups (1 minute)	Jan. 2017	June. 2017	(+10)
Sit ups (1 minute)	Jan. 2017	June. 2017	(+7.3)
<b>Flexibility</b>			
Sit & Reach	Jan. 2017	June. 2017	(+1.7 inches)
<b>Agilities</b>			
Shuttle Run (40 yards)	Jan. 2017	June. 2017	(-.74 sec.)
Vertical Jump	Jan. 2017	June. 2017	(+2 inches)
Standing Broad Jump	Jan. 2017	June. 2017	(+5 inches)
Dot Drills	Jan. 2017	June. 2017	(-1.15 sec.)