

HS Fitness Results (Boys)

High School Boys (21) results averaged as a group

1st Semester 2017-2018

Beginning Date: Sept. 2017

Ending Date: Dec. 2017

Health Information

| | Beginning | Ending | Difference |
|--------------------|------------|-----------|---------------|
| Height | Sept. 2017 | Dec. 2017 | (+.36 inches) |
| Weight | Sept. 2017 | Dec. 2017 | (+4.0 lbs.) |
| Resting Heart Rate | Sept. 2017 | Dec. 2017 | (<2.1 bpm) |
| Body Fat % | Sept. 2017 | Dec. 2017 | (-1.65%) |
| Lean Muscle Weight | Sept. 2017 | Dec. 2017 | (+6.1 lbs.) |
| Fat Weight | Sept. 2017 | Dec. 2017 | (-2.33 lbs.) |

Physical Tests

| | Beginning | Ending | Difference |
|------------------------|------------|-----------|----------------|
| Cardiovascular | | | |
| 1600 meter Run | Sept. 2017 | June | N/A |
| 400 meter Run | Sept. 2017 | June | N/A |
| Strength | | | |
| Push ups (1 minute) | Sept. 2017 | Dec. 2017 | (+ 9.2) |
| Sit ups (1 minute) | Sept. 2017 | Dec. 2017 | (+5.4) |
| Flexibility | | | |
| Sit & Reach | Sept. 2017 | Dec. 2017 | (+.65 inches) |
| Agilities | | | |
| Shuttle Run (40 yards) | Sept. 2017 | Dec. 2017 | (-.20 sec.) |
| Standing Broad Jump | Sept. 2017 | Dec. 2017 | (+2.80 inches) |
| Dot Drills | Sept. 2017 | Dec. 2017 | (-.74 sec.) |