

HS Fitness Results (Girls)

High School Girls (13) results averaged as a group

1st Semsester 2017-18

Beginning Date: Sept. 2017

Ending Date: Dec. 2017

Health Information

	Beginning	Ending	Difference
Height	Sept. 2017	Dec. 2017	(+.26 inches)
Weight	Sept. 2017	Dec. 2017	(+.63 lbs.)
Resting Heart Rate	Sept. 2017	Dec. 2017	(<3.6 bpm)
Body Fat %	Sept. 2017	Dec. 2017	(-1.7%)
Lean Muscle Weight	Sept. 2017	Dec. 2017	(+3.4 lbs.)
Fat Weight	Sept. 2017	Dec. 2017	(-2.31 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	(+5.1)
Sit ups (1 minute)	Sept. 2017	Dec. 2017	(+7.3)
Flexibility			
Sit & Reach	Sept. 2017	Dec. 2017	(+1.38 inches)
Agilities			
Shuttle Run (40 yards)	Sept. 2017	Dec. 2017	(-.30 sec.)
Standing Broad Jump	Sept. 2017	Dec. 2017	(+1.7 inches)
Dot Drills	Sept. 2017	Dec. 2017	(-.42 sec.)