

## HS Fitness Results (Boys)

**High School Boys (16) results averaged as a group**

**1st Semester 2018-2019**

**Beginning Date: Sept. 2018**

**Ending Date: Dec. 2018**

### Health Information

	Beginning	Ending	Difference
Height	Sept. 2018	Dec. 2018	(+.31 inches)
Weight	Sept. 2018	Dec. 2018	(+3.0 lbs.)
Resting Heart Rate	Sept. 2018	Dec. 2018	(<2.5 bpm)
Body Fat %	Sept. 2018	Dec. 2018	(-2.32%)
Lean Muscle Weight	Sept. 2018	Dec. 2018	(+6.08 lbs.)
Fat Weight	Sept. 2018	Dec. 2018	(-2.75 lbs.)

### Physical Tests

	Beginning	Ending	Difference
<b>Cardiovascular</b>			
1600 meter Run	Sept. 2018	June	N/A
400 meter Run	Sept. 2018	June	N/A
<b>Strength</b>			
Push ups (1 minute)	Sept. 2018	Dec. 2018	(+ 10)
Sit ups (1 minute)	Sept. 2018	Dec. 2018	(+5.6)
<b>Flexibility</b>			
Sit & Reach	Sept. 2018	Dec. 2018	(+.54 inches)
<b>Agilities</b>			
Shuttle Run (40 yards)	Sept. 2018	Dec. 2018	(-.48 sec.)
Standing Broad Jump	Sept. 2018	Dec. 2018	(+1.3 inches)
Dot Drills	Sept. 2018	Dec. 2018	(-.82 sec.)