

## HS Fitness Results (Boys)

**High School Boys (24) results averaged as a group**

**2nd Semester 2018-2019**

**Beginning Date: January 2019**

**Ending Date: June 2019**

### Health Information

	Beginning	Ending	Difference
Height	January-19	June-19	(+.41 inches)
Weight	January-19	June-19	(+7.2 lbs.)
Resting Heart Rate	January-19	June-19	(<2.5 bpm)
Body Fat %	January-19	June-19	(-1.6%)
Lean Muscle Weight	January-19	June-19	(+7.85 lbs.)
Fat Weight	January-19	June-19	(-1.75 lbs.)

### Physical Tests

	Beginning	Ending	Difference
<b>Cardiovascular</b>			
1600 meter Run	January-19	June-19	(-45 seconds)
400 meter Run	January-19	June-19	(-7.4 seconds)
<b>Strength</b>			
Push ups (1 minute)	January-19	June-19	(+ 12)
Sit ups (1 minute)	January-19	June-19	(+3.4)
<b>Flexibility</b>			
Sit & Reach	January-19	June-19	(+1.2 inches)
<b>Agilities</b>			
Shuttle Run (40 yards)	January-19	June-19	(-.74 sec.)
Vertical Jump	January-19	June-19	(+2.5 inches)
Standing Broad Jump	January-19	June-19	(+3.9 inches)
Dot Drills	January-19	June-19	(-1.3 sec.)