

HS Fitness Results (Girls)

High School Girls (12) 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	(+.15 inches)
Weight	Sept. 2018	Dec. 2018	(+.54 lbs.)
Resting Heart Rate	Sept. 2018	Dec. 2018	(<3.3 bpm)
Body Fat %	Sept. 2018	Dec. 2018	(-2.85%)
Lean Muscle Weight	Sept. 2018	Dec. 2018	(+4.4 lbs.)
Fat Weight	Sept. 2018	Dec. 2018	(-3.9 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Sept. 2018	June	N/A
400 meter Run	Sept. 2018	June	N/A
Strength			
Push ups (1 minute)	Sept. 2018	Dec. 2018	(+7.1)
Sit ups (1 minute)	Sept. 2018	Dec. 2018	(+4.3)
Flexibility			
Sit & Reach	Sept. 2018	Dec. 2018	(+.75 inches)
Agilities			
Shuttle Run (40 yards)	Sept. 2018	Dec. 2018	(-.80 sec.)
Standing Broad Jump	Sept. 2018	Dec. 2018	(+1.7 inches)
Dot Drills	Sept. 2018	Dec. 2018	(-.73 sec.)