

HS Fitness Results (Girls)

High School Girls (20) results averaged as a group

2nd Semester 2018-2019

Beginning Date: January 2019

Ending Date: June 2019

Health Information

	Beginning	Ending	Difference
Height	Dec. 2019	June 6, 2019	(+.18 inches)
Weight	Dec. 2019	June 6, 2019	(+.50 lbs.)
Resting Heart Rate	Dec. 2019	June 6, 2019	(<2.0bpm)
Body Fat %	Dec. 2019	June 6, 2019	(-2.42%)
Lean Muscle Weight	Dec. 2019	June 6, 2019	(+2.5 lbs.)
Fat Weight	Dec. 2019	June 6, 2019	(-2.9 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Dec. 2019	June 6, 2019	(-44 sec.)
400 meter Run	Dec. 2019	June 6, 2019	(-14 sec.)
Strength			
Push ups (1 minute)	Dec. 2019	June 6, 2019	(+7.75)
Sit ups (1 minute)	Dec. 2019	June 6, 2019	(+4.5)
Flexibility			
Sit & Reach	Dec. 2019	June 6, 2019	(+1 inch)
Agilities			
Shuttle Run (40 yards)	Dec. 2019	June 6, 2019	(-.21 sec.)
Standing Broad Jump	Dec. 2019	June 6, 2019	(+1.25 inches)
Dot Drills	Dec. 2019	June 6, 2019	(-.95sec.)