

HS Fitness Results (Boys)

High School Boys (12) results averaged as a group

1st Semester 2019-2020

Beginning Date: Sept. 2019

Ending Date: Dec. 2019

Health Information

	Beginning	Ending	Difference
Height	Sept. 2019	Dec. 2019	(+.20 inches)
Weight	Sept. 2019	Dec. 2019	(+2.0 lbs.)
Resting Heart Rate	Sept. 2019	Dec. 2019	(<2.5 bpm)
Body Fat %	Sept. 2019	Dec. 2019	(-2.92%)
Lean Muscle Weight	Sept. 2019	Dec. 2019	(+5.03 lbs.)
Fat Weight	Sept. 2019	Dec. 2019	(-3.03 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Sept. 2019	June	N/A
400 meter Run	Sept. 2019	June	N/A
Strength			
Push ups (1 minute)	Sept. 2019	Dec. 2019	(+ 9)
Sit ups (1 minute)	Sept. 2019	Dec. 2019	(+4.3)
Pull Ups	Sept. 2019	Dec. 2019	(+2.5)
Flexibility			
Sit & Reach	Sept. 2019	Dec. 2019	(+1.2 inches)
Agilities			
Shuttle Run (40 yards)	Sept. 2019	Dec. 2019	(-.60 sec.)
Standing Broad Jump	Sept. 2019	Dec. 2019	(+3.6 inches)
Dot Drills	Sept. 2019	Dec. 2019	(-.58 sec.)