

## HS Fitness Results (Girls)

**High School Girls (13) 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	(+.15 inches)
Weight	Sept. 2019	Dec. 2019	(+1.61 lbs.)
Resting Heart Rate	Sept. 2019	Dec. 2019	(<2.5 bpm)
Body Fat %	Sept. 2019	Dec. 2019	(-2.56%)
Lean Muscle Weight	Sept. 2019	Dec. 2019	(+5.7 lbs.)
Fat Weight	Sept. 2019	Dec. 2019	(-3.4 lbs.)

### Physical Tests

	Beginning	Ending	Difference
<b>Cardiovascular</b>			
1600 meter Run	Sept. 2019	June	N/A
400 meter Run	Sept. 2019	June	N/A
<b>Strength</b>			
Push ups (1 minute)	Sept. 2019	Dec. 2019	(+7.2)
Sit ups (1 minute)	Sept. 2019	Dec. 2019	(+4.4)
Pull Ups	Sept. 2019	Dec. 2019	(+.33)
<b>Flexibility</b>			
Sit & Reach	Sept. 2019	Dec. 2019	(+.75 inches)
<b>Agilities</b>			
Shuttle Run (40 yards)	Sept. 2019	Dec. 2019	(-.40 sec.)
Standing Broad Jump	Sept. 2019	Dec. 2019	(+2.6 inches)
Dot Drills	Sept. 2019	Dec. 2019	(-.94 sec.)