

HS Fitness Results (Boys)

High School Boys (23) results averaged as a group

1st Semsester 2022-2023

Beginning Date: Sept. 2022

Ending Date: Dec. 2022

Health Information

| | Beginning | Ending | Difference |
|--------------------|------------|-----------|---------------|
| Height | Sept. 2022 | Dec. 2022 | (+.25 inches) |
| Weight | Sept. 2022 | Dec. 2022 | (+4.0 lbs.) |
| Resting Heart Rate | Sept. 2022 | Dec. 2022 | (<2.4 bpm) |
| Body Fat % | Sept. 2022 | Dec. 2022 | (-2.18%) |
| Lean Muscle Weight | Sept. 2022 | Dec. 2022 | (+6.59 lbs.) |
| Fat Weight | Sept. 2022 | Dec. 2022 | (-2.43 lbs.) |

Physical Tests

| | Beginning | Ending | Difference |
|------------------------|------------|-----------|----------------|
| Cardiovascular | | | |
| 1600 meter Run | Sept. 2022 | June | N/A |
| 400 meter Run | Sept. 2022 | June | N/A |
| Strength | | | |
| Push ups (1 minute) | Sept. 2022 | Dec. 2022 | (+ 7) |
| Sit ups (1 minute) | Sept. 2022 | Dec. 2022 | (+4.5) |
| Pull Ups | Sept. 2022 | Dec. 2022 | (+2.5) |
| Flexibility | | | |
| Sit & Reach | Sept. 2022 | Dec. 2022 | (+1.25 inches) |
| Agilities | | | |
| Shuttle Run (40 yards) | Sept. 2022 | Dec. 2022 | (-1.35 sec.) |
| Standing Broad Jump | Sept. 2022 | Dec. 2022 | (+4.4 inches) |
| Dot Drills | Sept. 2022 | Dec. 2022 | (-1.23 sec.) |