

HS Fitness Results (Girls)

High School Girls (16) 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	(+.17 inches)
Weight	Sept. 2022	Dec. 2022	(+2.73 lbs.)
Resting Heart Rate	Sept. 2022	Dec. 2022	(<2.2 bpm)
Body Fat %	Sept. 2022	Dec. 2022	(-1.68%)
Lean Muscle Weight	Sept. 2022	Dec. 2022	(+3.95 lbs.)
Fat Weight	Sept. 2022	Dec. 2022	(-1.52 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	(+9.2)
Sit ups (1 minute)	Sept. 2022	Dec. 2022	(+5.4)
Pull Ups	Sept. 2022	Dec. 2022	(+.45)
Flexibility			
Sit & Reach	Sept. 2022	Dec. 2022	(+.56 inches)
Agilities			
Shuttle Run (40 yards)	Sept. 2022	Dec. 2022	(-.40 sec.)
Standing Broad Jump	Sept. 2022	Dec. 2022	(+4.2 inches)
Dot Drills	Sept. 2022	Dec. 2022	(-.68 sec.)