

HS Fitness Class Results (Girls)

High School Girls (8) results averaged as a group

2nd Semester 2010-2011

Beginning Date: Jan. 2011

Ending Date: June 2011

Health Information

	Beginning Date	Ending Date	Change
Height	Jan.2011	Jun. 2011	(+ .1/8 inch)
Weight	Jan.2011	Jun. 2011	(- .12 lbs)
Resting Heart Rate	Jan.2011	Jun. 2011	<1 beats per min
Body Fat %	Jan.2011	Jun. 2011	(- 1.8%)
Lean Muscle Weight	Jan.2011	Jun. 2011	(+ 2.50 lbs.)
Fat Weight	Jan.2011	Jun. 2011	(- 2.12 lbs.)

Physical Tests

	Beginning	Ending	Change
Cardiovascular			
1600 meter Run			
Strength			
Push ups (1 minute)	Jan.2011	Jun. 2011	(+ 5)
Sit ups (1 minute)	Jan.2011	Jun. 2011	0
Flexibility			
Sit & Reach	Jan.2011	Jun. 2011	(+1.8 inches)
Agilities			
Shuttle Run (40 yards)	Jan.2011	Jun. 2011	(- .48 sec.)
Standing Broad Jump	Jan.2011	Jun. 2011	(+2.0 inches)

Weight Training Workouts

	Beginning	Ending	Change
Exercises			
Bench Press	Jan.2011	Jun. 2011	(+ 65.0 pounds)
Military Press	Jan.2011	Jun. 2011	(+ 15.6 pounds)
Lat Pulls	Jan.2011	Jun. 2011	(+ 35.0 pounds)
Bicep Curls	Jan.2011	Jun. 2011	(+ 11.0 pounds)
Tricep Press Downs	Jan.2011	Jun. 2011	(+ 11.3 pounds)
Squats	Jan.2011	Jun. 2011	(+ 85.5 pounds)
Leg Extension	Jan.2011	Jun. 2011	(+ 22.5 pounds)
Leg Curl	Jan.2011	Jun. 2011	(+ 11.3 pounds)