

## HS Fitness Class Results (Boys)

**High School Boys (19) 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	( + .61 inches)
Weight	Jan.2011	Jun. 2011	( + 2.6 lbs)
Resting Heart Rate	Jan.2011	Jun. 2011	<1 beats per min
Body Fat %	Jan.2011	Jun. 2011	( - 1.7%)
Lean Muscle Weight	Jan.2011	Jun. 2011	( + 2.35 lbs.)
Fat Weight	Jan.2011	Jun. 2011	( - 1.5 lbs.)

### Physical Tests

	Beginning	Ending	Change
<b>Cardiovascular</b>			
1600 meter Run			
<b>Strength</b>			
Push ups (1 minute)	Jan.2011	Jun. 2011	( + 5)
Sit ups (1 minute)	Jan.2011	Jun. 2011	( +4.6)
<b>Flexibility</b>			
Sit & Reach	Jan.2011	Jun. 2011	( +2.3 inches)
<b>Agilities</b>			
Shuttle Run (40 yards)	Jan.2011	Jun. 2011	( - .15 sec.)
Standing Broad Jump	Jan.2011	Jun. 2011	( +1.0 inches)

### Weight Training Workouts

	Beginning	Ending	Change
<b>Exercises</b>			
Bench Press	Jan.2011	Jun. 2011	(+ 86.2 pounds)
Military Press	Jan.2011	Jun. 2011	(+ 9.7 pounds)
Lat Pulls	Jan.2011	Jun. 2011	(+ 43.6 pounds)
Bicep Curls	Jan.2011	Jun. 2011	(+ 21.5 pounds)
Tricep Press Downs	Jan.2011	Jun. 2011	(+ 16.3 pounds)
Squats	Jan.2011	Jun. 2011	(+ 114.5 pounds)
Leg Extension	Jan.2011	Jun. 2011	(+ 20.8 pounds)
Leg Curl	Jan.2011	Jun. 2011	(+ 12.5 pounds)