

FITNESS PROFILE

Name: Johnny Jumper

DEMOGRAPHICS

Age(Years): 15

BIOMETRICS

Height(in): 58

Weight(lbs): 170

Blood Pressure(mm/HG): 108/57

Body Mass Index (BMI): 35.5

Resting Heart Rate 88

CARDIOVASCULAR

1 Mile Run: 10:45

Pacer: 30

STRENGTH

Arm Curl/Biceps Str (lbs): 45

Push-Ups: 5

FLEXIBILITY/ENDURANCE

Sit & Reach (in): 6.5

Situps/Curl-Ups: 12

BODY COMPOSITION

Direct Value: 27%

FITNESS GRAM STANDARDS FOR HEALTHY FITNESS ZONE

	<u>BOYS</u>	<u>MILE</u>	<u>PAGER</u>	<u>CURL-UPS</u>	<u>PUSHUPS</u>	<u>BICEP STR</u>	<u>SIT & REACH</u>	<u>BODY COMP</u>
EXCEEDS		<7:00	>85	>47	>35	>73LBS	>8 inches	<10%
MEETS		9:00-7:00	46-85	24-47	16 to 35	47-72lbs	8 INCHES	10-25%
DOES NOT MEET		>9:01	<46	<24	<16	<46lbs	<8 inches	>25%