

## Fitness Profile

Name: John Sample  
 Age: 43

Standard: 40-49 years  
 Gender: Male

■ Apr 12, 2002  
 ■ Jan 19, 2001

Description	Jan 19, 2001	Apr 12, 2002	Difference	Percent
Height (in)	71.00	71.00	0.00	0.0%
Weight (lbs)	217.0	189.0	- 28.0	- 12.9%
Body Fat (% body weight)	23.0	15.0	- 8.0	- 34.8%
Chest Skinfold (mm)	24.0	15.0	- 9.0	- 37.5%
Abdomen Skinfold (mm)	24.0	15.0	- 9.0	- 37.5%
Thigh Skinfold (mm)	24.0	15.0	- 9.0	- 37.5%
Biceps Strength (lbs)	82	126	+ 44	+ 53.7%
Back Flexibility (cm)	37	52	+ 15	+ 40.5%
Systolic Blood Pressure (mmHg)	138	122	- 16	- 11.6%
Diastolic Blood Pressure (mmHg)	92	77	- 15	- 16.3%
Resting Heart Rate (bpm)	77	60	- 17	- 22.1%
Aerobic Fitness (ml/kg/min)	30.4	40.1	+ 9.7	+ 31.9%