

Fitness Profile - Group Comparison Report

Oct 23, 2002

Standard Data: Male 30-39 years

■ Primary Group
■ Comparison Group

Clients in Group: 20
Clients in Group: 25

Average Age: 36
Average Age: 36

| Description | Score | Needs Work | Fair | Fit | Excellent | |
|--|------------------|------------|------|------|-----------|------|
| Body Fat (% body weight) | n=20 17.2 | 45.0 | 25.0 | 18.0 | 12.0 | 5.0 |
| | n=25 18.7 | | | | | |
| Biceps Strength (lbs) | n=20 96 | 41 | 82 | 91 | 102 | 138 |
| | n=25 94 | | | | | |
| Back Flexibility (cm) | n=20 45 | 12 | 37 | 43 | 48 | 62 |
| | n=25 41 | | | | | |
| Systolic Blood Pressure (mmHg) | n=20 131 | 180 | 140 | 130 | 120 | 90 |
| | n=25 133 | | | | | |
| Diastolic Blood Pressure (mmHg) | n=20 86 | 110 | 90 | 85 | 80 | 50 |
| | n=25 88 | | | | | |
| Resting Heart Rate (bpm) | n=20 75 | 110 | 100 | 80 | 70 | 50 |
| | n=25 76 | | | | | |
| Aerobic Fitness (ml/kg/min) | n=20 38.3 | 17.0 | 32.0 | 37.0 | 43.0 | 57.0 |
| | n=25 37.4 | | | | | |
| Total Fitness Score | n=20 64 | 0 | 40 | 60 | 80 | 100 |
| | n=25 58 | | | | | |

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| Description | Comparison | | Primary | | Difference | Percent |
|--------------|------------|------|---------|------|------------|---------|
| Height (in) | 70.96 | n=25 | 71.20 | n=20 | + 0.24 | + 0.3% |
| Weight (lbs) | 190.6 | n=25 | 192.4 | n=20 | + 1.8 | + 0.9% |