
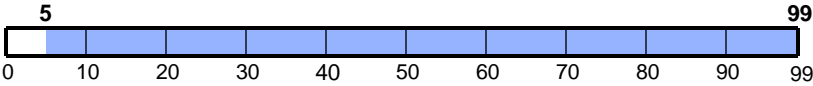


Fitness Profile - Group Comparison Report


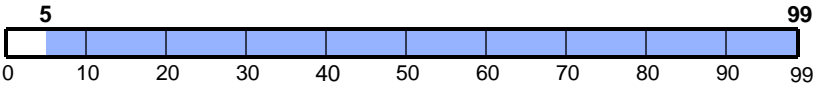
Primary Group

Group Type	Group Name
Group Identity	A Sample Group-1

	January 2002	to	January 2002																																																																																					
Test Date Range	<table border="1" style="border-collapse: collapse; text-align: center;"> <tr><td></td><td></td><td style="background-color: #cccccc;">1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31											<table border="1" style="border-collapse: collapse; text-align: center;"> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td style="background-color: #cccccc;">31</td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31										Gender  Male
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Comparison Group

Group Type	Group Name
Group Identity	A Sample Group-2

	January 2002	to	January 2002																																																																																					
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Fitness Profile - Group Comparison Report

Nov 29, 2005

Standard Data: Male 30-39 years

Primary Group

Clients in Group: 20

Average Age: 36

Comparison Group

Clients in Group: 25

Average Age: 36

Description	Comparison	Primary	Difference	Percent
Height (in)	70.96 <small>n=25</small>	71.20 <small>n=20</small>	+ 0.24	+ 0.3%
Weight (lbs)	190.6 <small>n=25</small>	192.4 <small>n=20</small>	+ 1.8	+ 0.9%
Body Fat (% body weight)	18.7 <small>n=25</small>	17.2 <small>n=20</small>	- 1.5	- 8.0%
Biceps Strength (lbs)	94 <small>n=25</small>	96 <small>n=20</small>	+ 2	+ 2.1%
Back Flexibility (cm)	41 <small>n=25</small>	45 <small>n=20</small>	+ 4	+ 9.8%
Systolic Blood Pressure (mmHg)	133 <small>n=25</small>	131 <small>n=20</small>	- 2	- 1.5%
Diastolic Blood Pressure (mmHg)	88 <small>n=25</small>	86 <small>n=20</small>	- 2	- 2.3%
Resting Heart Rate (bpm)	76 <small>n=25</small>	75 <small>n=20</small>	- 1	- 1.3%
Aerobic Fitness (ml/kg/min)	37.4 <small>n=25</small>	38.3 <small>n=20</small>	+ 0.9	+ 2.4%