

# Appendix A

Weekly Sessions Attendance & Pulse Stats													Weeks 1 & 2
Name:	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Indv. Totals
Amanda Wilkinson	32		33		34		35		36		34		204
Amy Basalusalu	35		47		40		43				45	39	249
Dorothy Dixon		39		35	35			37		34	37		217
Eric Hammond		29		32			37	37		35		50	220
Garth Johnson	23		28		34				29		32	32	178
Heidi Herzog	48		47		50		56		54		52		307
Jeremy Robinson	42		40		31		31		32		27		203
Julianne Hafen	41		29		34		44		43		37		228
Leilani Patten		32		40	33			33		58	40		236
Mariano Olivas	44		47			39		45		38		39	252
Mona Meredith	36		42		39		32		33			34	216
Morwenna Petaia	45		47			35		33	37			49	246
Roy Colver	37		37		35		33			35	35		212
Ruthann Cunningham		38		35		40	45	50		37			245
Trent Shelton	28		30		30		23		30		30		171
<b>Day Totals:</b>	<b>411</b>	<b>138</b>	<b>427</b>	<b>142</b>	<b>395</b>	<b>114</b>	<b>379</b>	<b>235</b>	<b>294</b>	<b>237</b>	<b>369</b>	<b>243</b>	<b>3384</b>
<b>Selected Totals:</b>	<b>79</b>	<b>138</b>	<b>77</b>	<b>142</b>	<b>134</b>	<b>40</b>	<b>146</b>	<b>157</b>	<b>32</b>	<b>199</b>	<b>139</b>	<b>50</b>	<b>1333</b>
Weekly Sessions Attendance & Pulse Stats													Weeks 3 & 4
Name:	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Indv. Totals
Amanda Wilkinson	31		35		30		32		31		29		188
Amy Basalusalu	40		42		36		32		35		37		222
Dorothy Dixon		42		44	40			38		32	32		228
Eric Hammond	35		32		31		31		36		27		192
Garth Johnson	29		28		37		33		30		30		187
Heidi Herzog	51		40		35		40		48		40		254
Jeremy Robinson	39		30		41		40		35		31		216
Julianne Hafen	31		40		38		35		34		39		217
Leilani Patten		27		42	29			34		32	27		191
Mariano Olivas	50		44		43		39		40		36		252
Mona Meredith	20		39		25		30		36		29		179
Morwenna Petaia	40		41		55			40	34			36	246
Roy Colver	36			32	33		38		35		33		207
Ruthann Cunningham		47		38	37			35		37	37		231
Trent Shelton	30		34		35		34		31		30		194
<b>Day Totals:</b>	<b>432</b>	<b>116</b>	<b>405</b>	<b>156</b>	<b>545</b>		<b>384</b>	<b>147</b>	<b>425</b>	<b>101</b>	<b>457</b>	<b>36</b>	<b>3204</b>
<b>Selected Totals:</b>	<b>110</b>	<b>116</b>	<b>62</b>	<b>156</b>	<b>211</b>		<b>109</b>	<b>107</b>	<b>106</b>	<b>101</b>	<b>187</b>		<b>1265</b>

Weekly Sessions Attendance & Pulse Stats												Weeks 5 & 6	
Name:	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Indv. Totals
Amanda Wilkinson	32		29		30								91
Amy Basalusalu	33		35		34								102
Dorothy Dixon		36		46	34			40		35			191
Eric Hammond		29	31		32		34	34		37			197
Garth Johnson	30		38		32								100
Heidi Herzog	49		50		46								145
Jeremy Robinson	38		43		29		33		40		27		210
Julianne Hafen	35		39		48								122
Leilani Patten		29		30	34			38		31	36		198
Mariano Olivas	38	42		36									116
Mona Meredith	39		36		41								116
Morwenna Petaia	45		39	39									123
Roy Colver	29		30		33		35		38		32		197
Ruthann Cunningham	33	36		35			39	31	30		37		241
Trent Shelton	27		31		32								90
<b>Day Totals:</b>	<b>428</b>	<b>172</b>	<b>401</b>	<b>186</b>	<b>425</b>		<b>141</b>	<b>143</b>	<b>108</b>	<b>103</b>	<b>132</b>		<b>2239</b>
<b>Selected Totals:</b>	<b>100</b>	<b>130</b>	<b>104</b>	<b>111</b>	<b>162</b>		<b>141</b>	<b>143</b>	<b>108</b>	<b>103</b>	<b>132</b>		<b>1234</b>
5th Week Totals:						1612							
6th Week Totals:													627
Weekly Sessions Attendance & Pulse Stats												Weeks 7 & 8	
Name:	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Indv. Totals
Dorothy Dixon		31		38	33		34		33	35	36		240
Eric Hammond			28	38		33	31		37		29		196
Jeremy Robinson	38		34		33		36		37		40		218
Leilani Patten		31		37	37		30		32	30			197
Roy Colver	39		38		28		36		38		33		212
Ruthann Cunningham	32			35			33		31		38		169
<b>Selected Totals:</b>	<b>109</b>	<b>62</b>	<b>100</b>	<b>148</b>	<b>131</b>	<b>33</b>	<b>200</b>		<b>208</b>	<b>65</b>	<b>176</b>		<b>1232</b>
Weekly Sessions Attendance & Pulse Stats												Weeks 9 & 10	
Name:	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Indv. Totals
Dorothy Dixon		35		35	38			33		36	31		208
Eric Hammond	37	38		33			38		35		34		215
Jeremy Robinson	35		30		33		37		35		29		199
Leilani Patten		32		30	28			36		31	33		190
Roy Colver	28		36		37		34		29		36		200
Ruthann Cunningham	30		31	27			29		25	29			171
<b>Selected Totals:</b>	<b>130</b>	<b>105</b>	<b>97</b>	<b>125</b>	<b>136</b>		<b>138</b>	<b>69</b>	<b>124</b>	<b>96</b>	<b>163</b>		<b>1183</b>

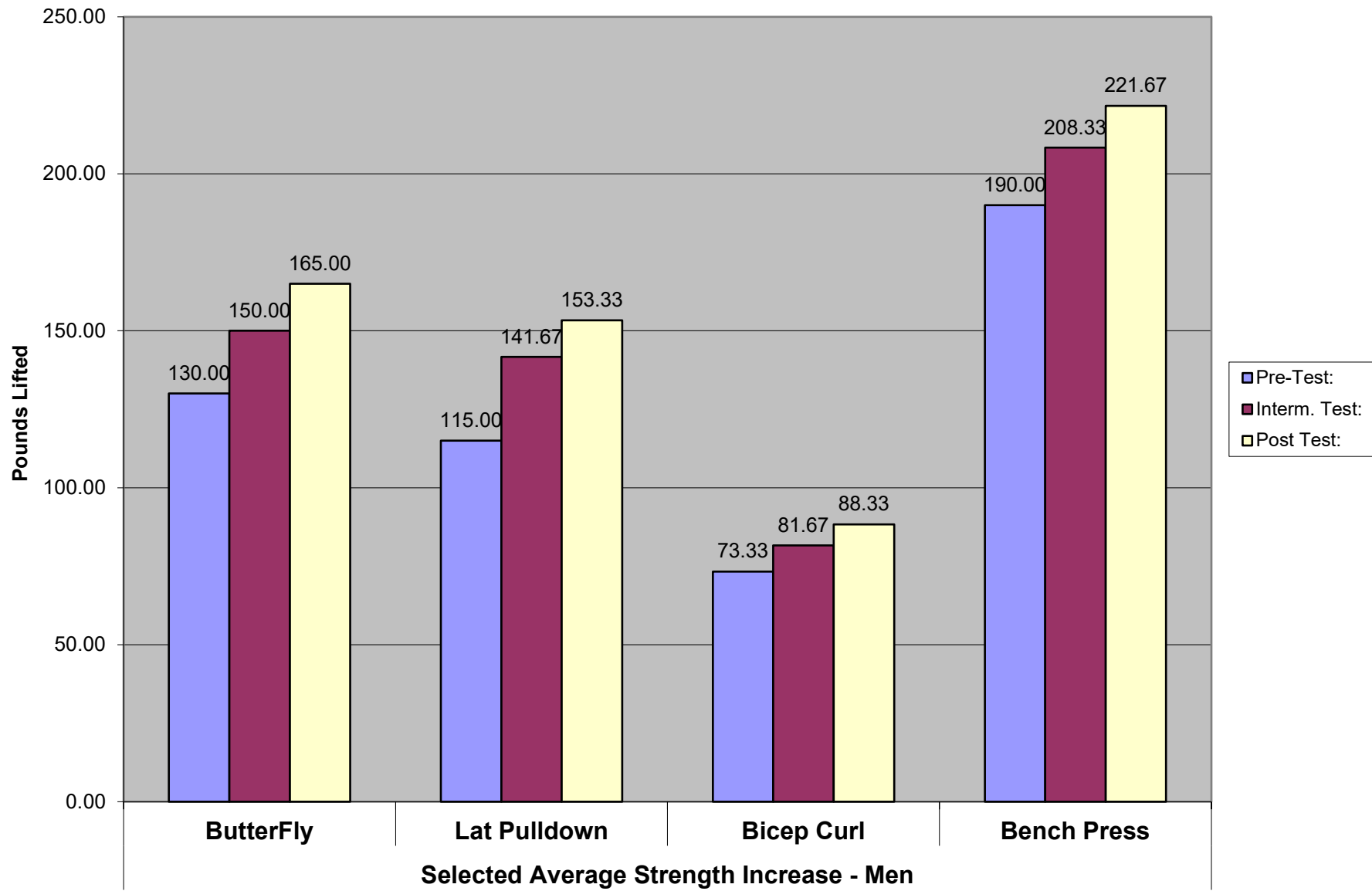
# Appendix B

Pre-Test Men Stats																				
	Age	Height	Weight	BEI %	BEI #s	BP	Pulse	Callipers	Thigh	Waist	Chest	Bicep	Tricep	Girth	Up-Arm	Low-Arm	Chest	Waist	Neck	Girth Total
Eric Hammond	24	5.9	140	5	7	90/65	29		12	14.75	9	4.25	9.75		13.375	10.875	38.25	31.625	15.5	109.625
Garth Johnson	35	5.8	213	21.1	45	110/90	26		26.5	42	25.5	8.25	10.5		15.125	13	40.25	47.75	17.5	133.625
Jeremy Robinson	18	5.7	131	4.4	5.75	130/90	30		10.5	7.25	7.5	4	9		11.75	10.75	37.5	32	15.25	107.25
Mariano Olivas	26	5.3	169	17.9	30.5	110/72	32		31.5	49.5	35	12.5	19		14.875	11.625	40.5	39.75	16.5	123.25
Roy Colver	58	6.3	200	17	33.5	120/85	37		10	22	14	5.5	7.5		14.25	12.5	43.75	37.25	16.375	124.125
Trent Shelton	23	6	149	5.25	7	125/75	28		6.5	7	5.75	3	6		12.5	10.75	38.75	32.25	14.75	109
<b>Totals:</b>	<b>184</b>	<b>35</b>	<b>1002</b>	<b>70.65</b>	<b>128.75</b>	<b>685/477</b>	<b>182</b>		<b>97</b>	<b>142.5</b>	<b>96.75</b>	<b>37.5</b>	<b>61.75</b>	#1	<b>81.875</b>	<b>69.5</b>	<b>239</b>	<b>220.625</b>	<b>95.875</b>	<b>706.875</b>
<b>Selected Totals:</b>	<b>100</b>	<b>17.9</b>	<b>471</b>	<b>26.4</b>	<b>46.25</b>	<b>340/240</b>	<b>96</b>		<b>32.5</b>	<b>44</b>	<b>30.5</b>	<b>13.75</b>	<b>26.25</b>	#2	<b>39.375</b>	<b>34.125</b>	<b>119.5</b>	<b>100.875</b>	<b>47.125</b>	<b>341</b>
												#1	<b>435.5</b>							
												#2	<b>147</b>							
Interm-Test Men Stats																				
	Age	Height	Weight	BEI %	BEI #s	BP	Pulse	Callipers	Thigh	Waist	Chest	Bicep	Tricep	Girth	Up-Arm	Low-Arm	Chest	Waist	Neck	Girth Total
Eric Hammond	24	5.9	145	5.45	8	106/76	28		11.5	12.75	6.625	4.25	8.75		13.5	11	38.13	32	15.375	110
Garth Johnson	35	5.8	205	21	43	105/75	29		20.8	39.25	23.5	8.625	16.625		16	13.125	44.38	44	17.875	135.375
Jeremy Robinson	18	5.7	134	4.75	6.25	140/70	32		11.5	8.5	6.5	3.5	8.125		12.25	11.25	37.38	32.5	16.25	109.625
Mariano Olivas	26	5.3	162	15.4	24.75	112/70	36		24.3	45.75	23	10.25	22		14.25	11.5	40.5	37.625	15.625	119.5
Roy Colver	59	6.3	201	21.4	43	112/86	38		14.3	30.75	10.75	5.375	8.875		14.5	12.375	44.5	37.625	16.75	125.75
Trent Shelton	23	6	153	4.25	6.5	130/70	28		8.75	8.75	5	3.375	6		13	11	39	32.625	15.25	110.875
<b>Totals:</b>	<b>185</b>	<b>35</b>	<b>1000</b>	<b>72.25</b>	<b>131.5</b>	<b>705/447</b>	<b>191</b>		<b>91</b>	<b>145.8</b>	<b>75.38</b>	<b>35.38</b>	<b>70.375</b>	#1	<b>83.5</b>	<b>70.25</b>	<b>243.9</b>	<b>216.375</b>	<b>97.125</b>	<b>711.125</b>
<b>Selected Totals:</b>	<b>101</b>	<b>17.9</b>	<b>480</b>	<b>31.6</b>	<b>57.25</b>	<b>358/232</b>	<b>98</b>		<b>37.3</b>	<b>52</b>	<b>23.88</b>	<b>13.13</b>	<b>25.75</b>	#2	<b>40.25</b>	<b>34.625</b>	<b>120</b>	<b>102.125</b>	<b>48.375</b>	<b>345.375</b>
												#1	<b>417.875</b>							
												#2	<b>152</b>							
Post-Test Men Stats																				
	Age	Height	Weight	BEI %	BEI #s	BP	Pulse	Callipers	Thigh	Waist	Chest	Bicep	Tricep	Girth	Up-Arm	Low-Arm	Chest	Waist	Neck	Girth Total
Eric Hammond	24	5.9	142	6.05	8.5	100/70	24		7.75	11.5	5.5	3.5	8		13.125	10.75	38.75	31.75	15.75	110.125
Jeremy Robinson	18	5.7	151	11.65	18	130/75	35		14.5	10.88	7	4	10.5		13	11.5	38.63	33.125	16	112.25
Roy Colver	59	6.3	203	21.85	44.5	120/85	33		11.5	22.5	13	5.5	8		14.625	12.75	44.5	37.625	17	126.5
<b>Selected Totals:</b>	<b>101</b>	<b>17.9</b>	<b>496</b>	<b>39.55</b>	<b>71</b>	<b>350/230</b>	<b>92</b>		<b>33.8</b>	<b>44.88</b>	<b>25.5</b>	<b>13</b>	<b>26.5</b>	#2	<b>40.75</b>	<b>35</b>	<b>121.9</b>	<b>102.5</b>	<b>48.75</b>	<b>348.875</b>
												#2	<b>143.625</b>							

Pre-Test Women Stats																			
	Age	Height	Weight	BEI %	BEI #'s	BP	Pulse	Calipers	Thigh	Waist	Tricep	Bicep	Girth	Up-Arm	Low-Arm	Chest	Waist	Neck	Girth Total
Amanda Wilkinson	19	5.3	123	19.95	24.75	100/65	27		29.75	18	23	7.5		10.625	9.5	34.5	30.25	12.38	97.255
Amy Basalusalu	26	5.4	184	33.15	61.25	112/82	39		48.5	34.5	36.5	28.5		15.625	10.5	43.5	42	14.5	126.125
Dorothy Dixon	18	5.6	145	11.15	14.5	110/85	38		16	15.5	10.875	6.75		11.875	9.875	38.75	35.5	13.25	109.25
Heidi Herzog	21	5.7	133	16.05	21.25	105/75	35		16.5	25	15	7.5		11.375	9.25	37.125	30.5	13.5	101.75
Julianne Hafen	19	5.9	149	16.05	23.5	110/70	26		25.5	14.5	14	6.5		11.25	9.625	34.75	32.625	14	102.25
Leilani Patten	19	5.6	122	10	12.25	110/80	33		20.5	17	14.75	10.5		11.25	9.5	25.25	30.375	13.5	89.875
Mona Meredith	21	5.4	194	33.8	65	112/82	29		27.5	34	25.5	19		14.25	11.75	43	40.5	14.125	123.625
Morwenna Petaia	21	5.4	151	22.25	33.25	112/65	34		19.5	20	19.5	11.5		12.875	10.875	40.5	33.75	14.5	112.5
Ruthann Cunningham	20	5.3	113	14.15	16	105/72	30		27.5	20.5	16.5	6.75		10.625	9	33.75	31.125	13.375	97.875
<b>Totals:</b>	<b>184</b>	<b>49.6</b>	<b>1314</b>	<b>176.55</b>	<b>271.75</b>	<b>976/676</b>	<b>291</b>		<b>231.25</b>	<b>199</b>	<b>175.625</b>	<b>104.5</b>	<b>#1</b>	<b>109.75</b>	<b>89.875</b>	<b>331.125</b>	<b>306.625</b>	<b>123.13</b>	<b>960.505</b>
<b>Selected Totals:</b>	<b>57</b>	<b>16.5</b>	<b>380</b>	<b>35.3</b>	<b>42.75</b>	<b>325/237</b>	<b>101</b>		<b>64</b>	<b>53</b>	<b>42.125</b>	<b>24</b>	<b>#2</b>	<b>33.75</b>	<b>28.375</b>	<b>97.75</b>	<b>97</b>	<b>40.125</b>	<b>297</b>
									<b>#1</b>	<b>710.375</b>	<b>#2</b>	<b>183.125</b>							
Interm-Test Women Stats																			
	Age	Height	Weight	BEI %	BEI #'s	BP	Pulse	Calipers	Thigh	Waist	Tricep	Bicep	Girth	Up-Arm	Low-Arm	Chest	Waist	Neck	Girth Total
Amanda Wilkinson	19	5.6	122	17.5	21.25	100/75	22		27.5	13	19	5.875		11.25	9.625	36.375	29.375	12.75	99.375
Amy Basalusalu	26	5.4	215	40.05	86	106/96	39		55	34.5	42	26.75		15.75	11	43.5	41.875	14	126.125
Dorothy Dixon	18	5.6	153	24.95	38.25	112/70	41		20.75	15.25	17	8		12.5	10.125	38.375	36.125	13.25	110.375
Heidi Herzog	21	5.7	131	16.2	21.25	100/75	42		19.25	24.875	20.125	8.75		12.25	9.75	37.75	32	13.5	105.25
Julianne Hafen	19	5.9	155	21.4	33	110/80	31		23.5	13.625	16.625	7		11.875	10.125	38	34.875	14.875	109.75
Leilani Patten	19	5.6	129	15.3	19.75	110/70	32		29	22.5	18.75	9.5		12.25	9.625	35	31.5	13.5	101.875
Mona Meredith	21	5.4	190	32.1	60	107/75	25		26.25	33	23.75	17		15	11.75	42	38.5	15.25	122.5
Morwenna Petaia	21	5.4	155	25	39	106/70	25		22	17.75	15	9.75		12.125	10.75	40	35.25	14.625	112.75
Ruthann Cunningham	20	5.3	118	16.95	20	110/60	27		21.25	19.25	12	8		10.75	9	35.5	31.375	13.375	100
<b>Totals:</b>	<b>184</b>	<b>49.9</b>	<b>1368</b>	<b>209.45</b>	<b>338.5</b>	<b>961/671</b>	<b>284</b>		<b>244.5</b>	<b>193.75</b>	<b>184.25</b>	<b>100.625</b>	<b>#1</b>	<b>113.75</b>	<b>91.75</b>	<b>346.5</b>	<b>310.875</b>	<b>125.13</b>	<b>988</b>
<b>Selected Totals:</b>	<b>57</b>	<b>16.5</b>	<b>400</b>	<b>57.2</b>	<b>78</b>	<b>332/200</b>	<b>100</b>		<b>71</b>	<b>57</b>	<b>47.75</b>	<b>25.5</b>	<b>#2</b>	<b>35.5</b>	<b>28.75</b>	<b>108.875</b>	<b>99</b>	<b>40.125</b>	<b>312.25</b>
									<b>#1</b>	<b>723.125</b>	<b>#2</b>	<b>201.25</b>							
Post-Test Women Stats																			
	Age	Height	Weight	BEI %	BEI #'s	BP	Pulse	Calipers	Thigh	Waist	Tricep	Bicep	Girth	Up-Arm	Low-Arm	Chest	Waist	Neck	Girth Total
Dorothy Dixon	18	5.6	153	22.95	35	110/70	33		21.25	18.5	17.875	8.375		12.75	10.25	39.25	36.5	13.125	111.875
Leilani Patten	19	5.6	129	16	20.5	105/71	26		29	21.75	18.5	10		12.5	9.875	35.75	31	13.75	102.875
Ruthann Cunningham	20	5.3	125	18.65	26	100/60	24		28.5	12	12.25	6.25		10.875	9.25	35.25	30.5	13.75	99.625
<b>Selected Totals:</b>	<b>57</b>	<b>16.5</b>	<b>407</b>	<b>57.6</b>	<b>81.5</b>	<b>315/201</b>	<b>83</b>		<b>78.75</b>	<b>52.25</b>	<b>48.625</b>	<b>24.625</b>	<b>#2</b>	<b>36.125</b>	<b>29.375</b>	<b>110.25</b>	<b>98</b>	<b>40.625</b>	<b>314.375</b>
											<b>#2</b>	<b>204.25</b>							

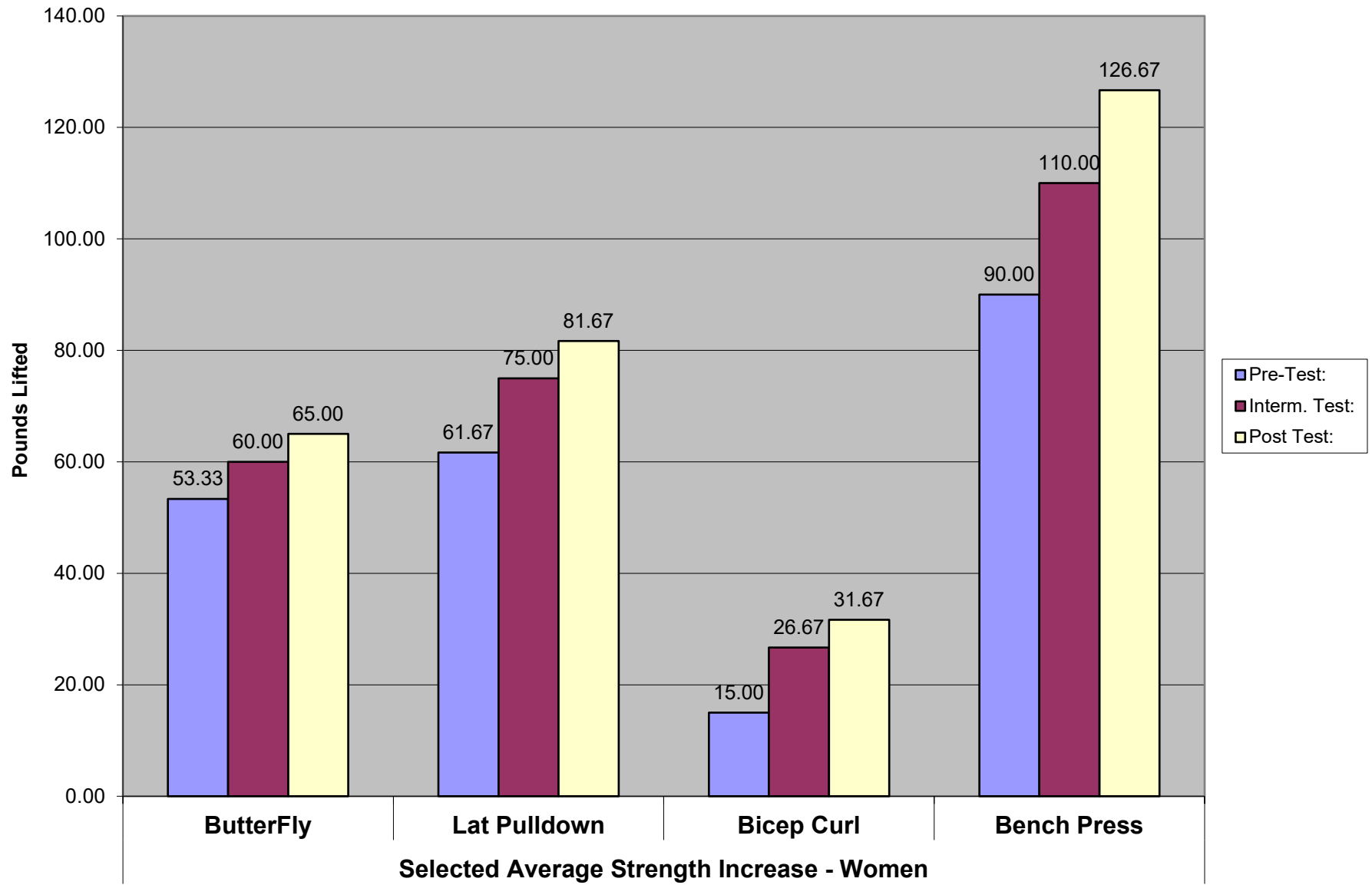
## Appendix C

Pre-Test Men Strength							
	<u>ButterFly</u>	<u>Lat Pulldown</u>	<u>Bicep Curl</u>	<u>Bench Press</u>	<u>Indv. Totals</u>		
Eric Hammond	130	130	70	205	535		
Garth Johnson	175	150	115	205	645	<<Free Weights	(Bicep & Bench)
Jeremy Robinson	100	85	50	160	395		
Mariano Olivas	115	100	60	205	480		
Roy Colver	160	130	100	205	595		
Trent Shelton	160	130	65	220	575		
<b>Totals:</b>	<b>840</b>	<b>725</b>	<b>460</b>	<b>1200</b>	<b>3225</b>		
<b>Selected Totals:</b>	<b>390</b>	<b>345</b>	<b>220</b>	<b>570</b>	<b>1525</b>		
Interm-Test Men Strength							
	<u>ButterFly</u>	<u>Lat Pulldown</u>	<u>Bicep Curl</u>	<u>Bench Press</u>	<u>Indv. Totals</u>		
Eric Hammond	140	160	75	220	595		
Garth Johnson	205	190	120	210	725	<<Free Weights	(Bicep & Bench)
Jeremy Robinson	145	120	65	205	535		
Mariano Olivas	130	130	75	220	555		
Roy Colver	165	145	105	200	615		
Trent Shelton	175	155	90	240	660		
<b>Totals:</b>	<b>960</b>	<b>900</b>	<b>530</b>	<b>1295</b>	<b>3685</b>		
<b>Selected Totals:</b>	<b>450</b>	<b>425</b>	<b>245</b>	<b>625</b>	<b>1745</b>		
Post-Test Men Strength							
	<u>ButterFly</u>	<u>Lat Pulldown</u>	<u>Bicep Curl</u>	<u>Bench Press</u>	<u>Indv. Totals</u>		
Eric Hammond	165	170	90	230	655		
Jeremy Robinson	160	140	70	215	585		
Roy Colver	170	150	105	220	645		
<b>Selected Totals:</b>	<b>495</b>	<b>460</b>	<b>265</b>	<b>665</b>	<b>1885</b>		
Selected Average Strength Increase - Men							
	<u>ButterFly</u>	<u>Lat Pulldown</u>	<u>Bicep Curl</u>	<u>Bench Press</u>			
<b>Pre-Test:</b>	130.00	115.00	73.33	190.00			
<b>Interm. Test:</b>	150.00	141.67	81.67	208.33			
<b>Post Test:</b>	165.00	153.33	88.33	221.67			



## Appendix D

<b>Pre-Test Women Strength</b>					
	<b>ButterFly</b>	<b>Lat Pulldown</b>	<b>Bicep Curl</b>	<b>Bench Press</b>	<b>Indv. Totals</b>
Amanda Wilkinson	45	75	15	105	240
Amy Basalusalu	55	70	15	85	225
Dorothy Dixon	60	65	15	115	255
Heidi Herzog	60	70	10	120	260
Julianne Hafen	70	70	20	100	260
Leilani Patten	45	60	15	70	190
Mona Meredith	75	60	25	115	275
Morwenna Petaia	85	65	40	115	305
Ruthann Cunningham	55	60	15	85	215
<b>Totals:</b>	<b>550</b>	<b>595</b>	<b>170</b>	<b>910</b>	<b>2225</b>
<b>Selected Totals:</b>	<b>160</b>	<b>185</b>	<b>45</b>	<b>270</b>	<b>660</b>
<b>Interm-Test Women Strength</b>					
	<b>ButterFly</b>	<b>Lat Pulldown</b>	<b>Bicep Curl</b>	<b>Bench Press</b>	<b>Indv. Totals</b>
Amanda Wilkinson	65	100	25	145	335
Amy Basalusalu	70	105	25	115	315
Dorothy Dixon	60	65	25	120	270
Heidi Herzog	75	85	15	110	285
Julianne Hafen	75	95	20	115	305
Leilani Patten	55	80	30	85	250
Mona Meredith	85	95	35	155	370
Morwenna Petaia	100	100	50	130	380
Ruthann Cunningham	65	80	25	125	295
<b>Totals:</b>	<b>650</b>	<b>805</b>	<b>250</b>	<b>1100</b>	<b>2805</b>
<b>Selected Totals:</b>	<b>180</b>	<b>225</b>	<b>80</b>	<b>330</b>	<b>815</b>
<b>Post-Test Women Strength</b>					
	<b>ButterFly</b>	<b>Lat Pulldown</b>	<b>Bicep Curl</b>	<b>Bench Press</b>	<b>Indv. Totals</b>
Dorothy Dixon	65	75	25	140	305
Leilani Patten	55	80	35	100	270
Ruthann Cunningham	75	90	35	140	340
<b>Selected Totals:</b>	<b>195</b>	<b>245</b>	<b>95</b>	<b>380</b>	<b>915</b>
<b>Selected Average Strength Increase - Women</b>					
	<b>ButterFly</b>	<b>Lat Pulldown</b>	<b>Bicep Curl</b>	<b>Bench Press</b>	
<b>Pre-Test:</b>	53.33	61.67	15.00	90.00	
<b>Interm. Test:</b>	60.00	75.00	26.67	110.00	
<b>Post Test:</b>	65.00	81.67	31.67	126.67	





# Appendix E

Selected Increases - All Subjects

	<u>Men</u>	<u>Women</u>
Pre-Test	1525	660
Post-Test	1885	915

