

SUBJECT	AGE	WEEK 1		WEEK 2		WEEK 3		WEEK 4			WEEK 5			WEEK 6		
		BASELINE	FINAL	BASELINE	FINAL	BASELINE	FINAL	BASELINE	FINAL	BASELINE	FINAL	BASELINE	FINAL			
#1	53	1660	2250	1930	1800	N/A (1)	2020	2070	2090	1940 (5)	2140 (7)	2190	2380			
#2	56	N/A (2)	2250	1920	2050	2040	2120	2240	2090	2120 (5)	2190 (8)	2020	2250			
#3	55	1290	1410	1480	1480	N/A (3)	1390(4)	1360 (5)	1590 (6)	1330	1520(9)	1370	1290			
		<b>HZ</b>	<b>SEC</b>	<b>REP</b>	<b>HZ</b>	<b>SEC</b>	<b>REP</b>	<b>HZ</b>	<b>SEC</b>	<b>REP</b>	<b>HZ</b>	<b>SEC</b>	<b>REP</b>	<b>HZ</b>	<b>SEC</b>	<b>REP</b>
<b>Exercise 1</b>		30	30	2	35	30	2	40	45	2	50	45	2	40	45	2
Squat																
<b>Exercise 2</b>		30	30	2	35	30	2	40	45	2	50	45	2	40	45	2
Single Leg Squat																
<b>Exercise 3</b>		30	30	2	35	30	2	40	45	2	50	45	2	40	45	2
Flex Shoulder																
<b>Exercise 4</b>		30	30	2	35	30	2	40	45	2	50	45	2	40	45	2
Bicep Curl																
<b>Exercise 5</b>		30	30	2	35	30	2	40	45	2	50	45	2	40	45	2
Push up																
<b>Exercise 6</b>		30	30	2	35	30	2	40	45	2	50	45	2	40	45	2
Mod Abdominal																
<b>Exercise7</b>		40	60	1	40	60	1	45	60	1	45	60	1	50	60	1
Quad Massage																
<b>Exercise 8</b>		40	60	1	40	60	1	45	60	1	45	60	1	50	60	1
Calf Massage																

(1). OUT SICK

(2). 4 CUPS OF COFFEE (Hypoglycemic Reaction)

(3). ILL (Problem Finishing Test)

(4). Blood pressure from 145 to 124

(5). Tues after 3-day weekend

9/5/2003

**BODY FAT**

	Initial	Current
(6).	41.4	38.9
(7).	43.4	39.6
(8).	50.2	46.3

9/5/2003

**BLOOD PRESSURE**

	Initial	Current
(6).	145/100	124/79
(7).	154/83	129/70
(8).	143/90	124/80