

Student	Gender	Height/ Meters	Weight/ Kilograms	BMI	1 RM Bench Press
1	F	1.62	73.6	28.0	155
2	M	1.76	79.3	25.6	200
3	M	1.79	77.5	24.2	165
4	M	1.81	76.9	23.5	160
5	F	1.59	58.1	23.0	100
6	F	1.68	57.6	20.4	105
7	M	1.84	80.2	23.7	160
8	F	1.67	59.1	21.2	115
9	M	1.81	83.7	25.5	175
10	F	1.65	55.4	20.3	120
11	F	1.68	58.3	20.7	105
12	F	1.62	56.8	21.6	125
13	M	1.78	85.1	26.9	170
14	F	1.67	57.1	20.5	105
15	M	1.77	78.8	25.2	190
16	F	1.71	55.9	19.1	110
17	F	1.72	56.6	19.1	120
18	M	1.82	82.1	24.8	115
19	M	1.84	79.9	23.6	195
20	F	1.66	58.2	21.1	115
Mean		1.7245	68.51	22.9	140.25
SD		0.07774799	11.45206968	2.5	33.14645532

1 RM Leg Press	1 RM Combined	1 Mile Walk Test/ sec
160	315	900
220	420	882
215	380	854
180	340	931
165	265	997
155	260	918
190	350	1012
150	265	1055
195	370	1101
170	290	992
170	275	909
160	285	994
210	380	893
155	260	899
200	390	949
145	255	1004
150	270	1110
195	310	1121
210	405	999
155	270	1004
177.5	317.75	976.2
24.05722345	54.66888969	76.87041043