

LIST OF TABLES

TABLE	TITLE	PAGE
4.1	Analysis of Covariance on Explosive Power Among Plyometric Training, Swiss Ball Training And Control Group.	105
4.2	Scheffe's Confidence Interval Test Scores on Explosive Power	107
4.3	Analysis Of Covariance on Speed Among Plyometric Training, Swiss Ball Training And Control Group.	109
4.4	Scheffe's Confidence Interval Test Scores on Speed	111
4.5	Analysis of Covariance on Agility Among Plyometric Training, Swiss Ball Training And Control Group.	113
4.6	Scheffe's Confidence Interval Test Scores on Agility	115
4.7	Analysis of Covariance on Flexibility Among Plyometric Training, Swiss Ball Training And Control Group.	117
4.8	Scheffe's Confidence Interval Test Scores on Flexibility	119
4.9	Analysis of Covariance on Triglycerides Among Plyometric Training, Swiss Ball Training And Control Group	121
4.10	Analysis of Covariance on Total Cholesterol Among Plyometric Training, Swiss Ball Training And Control Group.	124
4.11	Scheffe's Confidence Interval Test Scores on Total Cholesterol	126
4.12	Analysis of Covariance on High Density Lipoprotein Among Plyometric Training, Swiss Ball Training And Control Group.	128
4.13	Analysis of Covariance on Low Density Lipoprotein Among Plyometric Training, Swiss Ball Training And Control Group.	131
4.14	Scheffe's Confidence Interval Test Scores on Low Density Lipoprotein	133