

**EFFECT OF ISOLATED AND COMBINED SWISS BALL
AND FLEXIBILITY TRAINING ON SELECTED
PHYSICAL FITNESS BIOCHEMICAL AND
SKILL PERFORMANCE VARIABLES
AMONG SCHOOL VOLLEYBALL
PLAYERS**

*Dissertation Submitted to Tamil Nadu Physical Education and Sports
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Degree of*

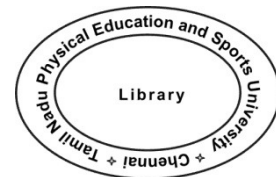
**DOCTOR OF PHILOSOPHY
IN
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