LIST OF FIGURES

FIGURE	TITLE	PAGE
1	Comparative bar chart of Pre-test, post-test and adjusted post test of different groups on speed	78
2	Comparative bar chart of Pre-test, post-test and adjusted post test of different groups on explosive power	82
3	Comparative bar chart of Pre-test, post-test and adjusted post test of different groups on Muscular Strength endurance	86
4	Comparative bar chart of Pre-test, post-test and adjusted post test of different groups on flexibility	90
5	Comparative bar chart of Pre-test, post-test and adjusted post test of different groups on resting pulse rate	94
6	Comparative bar chart of Pre-test, post-test and adjusted post test of different groups on VO2 max	98
7	Comparative bar chart of Pre-test, post-test and adjusted post test of different groups on breath holding time	102