

## LIST OF ILLUSTRATIONS

<b>Figure</b>		<b>Page</b>
1	Pre Test and Post Test Mean Values of TTG1, TTG2 and CG on Body Fat	88
2	Adjusted Post Test Mean Values of TTG1, TTG2 and CG on Body Fat	89
3	Pre Test and Post Test Mean Values of TTG1, TTG2 and CG on VO <sub>2</sub> max	94
4	Adjusted Post Test Mean Values of TTG1, TTG2 and CG on VO <sub>2</sub> max	95
5	Pre Test and Post Test Mean Values of TTG1, TTG2 and CG on Resting Heart Rate	100
6	Adjusted Post Test Mean Values of TTG1, TTG2 and CG on Resting Heart Rate	101
7	Pre Test and Post Test Mean Values of TTG1, TTG2 and CG on Speed	106
8	Adjusted Post Test Mean Values of TTG1, TTG2 and CG on Speed	107
9	Pre Test and Post Test Mean Values of TTG1, TTG2 and CG on Speed Endurance	112
10	Adjusted Post Test Mean Values of TTG1, TTG2 and CG on Speed Endurance	113
11	Pre Test and Post Test Mean Values of TTG1, TTG2 and CG on Agility	118
12	Adjusted Post Test Mean Values of TTG1, TTG2 and CG on Agility	119
13	Pre Test and Post Test Mean Values of TTG1, TTG2 and CG on Abdominal Muscular Endurance	124
14	Adjusted Post Test Mean Values of TTG1, TTG2 and CG on Abdominal Muscular Endurance	125
15	Pre Test and Post Test Mean Values of TTG1, TTG2 and CG on Arm Strength	130
16	Adjusted Post Test Mean Values of TTG1, TTG2 and CG on Arm Strength	131