

## LIST OF FIGURES

Diagram No	Title	Page No
4.1	Bar Diagram Showing The Mean Difference Among Pre Test And Post Test of YP,PET, CYPPET & CG on FVC	76
4.2	Bar Diagram Showing The Mean Difference Among Pre Test And Post Test of YP,PET, CYPPET & CG on FEV1	76
4.3	Bar Diagram Showing The Mean Difference Among Pre Test And Post Test of YP,PET, CYPPET & CG On FEV1 /FVC	77
4.4	Bar Diagram Showing The Mean Difference Among Pre Test And Post Test of YP,PET, CYPPET & CG on Muscular Strength Endurance	77
4.5	Bar Diagram Showing The Mean Difference Among Pre Test And Post Test of YP,PET, CYPPET & CG on Flexibility	78
6.6	Bar Diagram Showing The Mean Difference Among Pre Test And Post Test of YP,PET, CYPPET & CG on Cardio Respiratory Endurance	78
4.7	Bar Diagram Showing The Mean Difference Among Pre Test And Post Test of YP,PET, CYPPET & CG on Percent Body Fat	79
4.8	The Bar Diagram Showing The Adjusted Post Mean Values of YP, PET, CYPPET, & CG on Forced Vital Capacity	83
4.9	The Bar Diagram Showing The Adjusted Post Mean Values of YP, PET, CYPPET, & CG on Forced Expiratory Volume one Second	84
4.10	The Bar Diagram Showing The Adjusted Post Mean Values of YP, PET, CYPPET, & CG on Forced Expiratory Volume In one Second /Forced Vital Capacity	85
4.11	The Bar Diagram Showing The Adjusted Post Mean Values of YP, PET, CYPPET, & CG on Muscular Strength Endurance	86
4.12	The Bar Diagram Showing The Adjusted Post Mean Values of YP, PET, CYPPET, & CG on Flexibility	87
4.13	The Bar Diagram Showing The Adjusted Post Mean Values of YP, PET, CYPPET, & CG on Cardio Respiratory And Endurance	88
4.14	The Bar Diagram Showing The Adjusted Post Mean Values of YP, PET, CYPPET, & CG on Percent Body Fat	89