

## LIST OF ILLUSTRATION

<b>FIGURE</b>	<b>TITLE</b>	<b>PAGE</b>
4.1	Bar Diagram on Ordered Adjusted Means of Physical Fitness Variable - Explosive Power	108
4.2	Bar Diagram on Ordered Adjusted Means of Physical Fitness Variable – Speed	112
4.3	Bar Diagram on Ordered Adjusted Means of Physical Fitness Variable – Agility	116
4.4	Bar Diagram on Ordered Adjusted Means of Physical Fitness Variable – Flexibility	120
4.5	Bar Diagram on Ordered Adjusted Means of Biochemical Variable – Triglycerides	123
4.6	Bar Diagram on Ordered Adjusted Means of Biochemical Variable – Total Cholestrol	127
4.7	Bar Diagram on Ordered Adjusted Means of Biochemical Variable – High Density Lipoprotein	130
4.8	Bar Diagram on Ordered Adjusted Means of Biochemical Variable – Low Density Lipoprotein	134