

APPENDIX A

RAW SCORES ON SPEED

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	7.1	7.0	7.4	7.1	7.1	7.0
2	6.9	6.8	7.3	7.2	6.9	6.9
3	7.2	7.0	7.4	7.1	7.0	7.1
4	7.4	7.1	7.3	7.3	7.2	7.2
5	7.3	7.1	6.9	6.7	7.1	7.1
6	7.3	7.1	7.2	7.0	7.0	6.9
7	7.1	7.0	7.4	7.1	7.1	7.0
8	6.9	6.8	7.3	7.2	6.9	6.9
9	7.2	7.0	7.4	7.1	7.0	7.1
10	7.4	7.1	7.3	7.3	7.2	7.2
11	7.3	7.1	6.9	6.7	7.1	7.0
12	6.9	6.6	7.1	7.0	7.3	7.3
13	6.9	6.7	7.2	7.0	7.4	7.5
14	7.0	6.8	6.8	6.5	7.1	7.0
15	7.1	7.0	7.2	7.0	6.9	6.9
16	6.9	6.7	7.0	6.8	7.4	7.2
17	7.2	7.0	6.9	6.7	7.1	7.0
18	7.0	6.8	6.9	6.7	6.9	6.9
19	7.1	6.9	7.1	6.9	7.4	7.2
20	7.1	6.9	7.0	6.8	7.1	7.0

APPENDIX B

RAW SCORES ON EXPLOSIVE POWER

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	2.1	2.2	2.4	2.5	2.3	2.3
2	2.3	2.3	2.1	2.1	2.1	2.1
3	2.3	2.3	2.1	2.2	2.2	2.2
4	2.4	2.3	2.4	2.4	1.9	2.1
5	2.3	2.3	2.2	2.3	2.2	2.1
6	2.2	2.2	2.3	2.4	2.2	2.2
7	2.2	2.2	2.1	2.3	2.1	2.1
8	2.1	2.2	2.5	2.5	2.0	2.0
9	2.1	2.2	2.0	2.0	2.2	2.2
10	2.4	2.4	2.6	2.6	2.1	2.0
11	2.0	2.1	2.3	2.4	2.1	2.1
12	2.4	2.5	2.4	2.4	2.2	2.2
13	2.2	2.3	2.3	2.3	2.2	2.2
14	2.3	2.3	2.5	2.6	2.2	2.2
15	2.5	2.5	2.2	2.2	2.6	2.5
16	2.1	2.1	2.5	2.6	2.4	2.4
17	2.2	2.3	2.1	2.1	2.2	2.2
18	2.4	2.4	2.3	2.3	2.1	2.1
19	2.1	2.2	2.3	2.3	2.1	2.0
20	2.4	2.3	2.4	2.5	2.3	2.2

APPENDIX C

RAW SCORES ON CARDIOVASCULAR ENDURANCE

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	1815.0	2350.0	1850.0	1965.0	1950.0	1900.0
2	1900.0	2230.0	2000.0	2050.0	1700.0	2050.0
3	1730.0	2115.0	2050.0	1880.0	2100.0	2100.0
4	1915.0	2120.0	1800.0	2065.0	1750.0	1850.0
5	1720.0	1805.0	1650.0	1870.0	1875.0	1900.0
6	1625.0	1915.0	1825.0	1775.0	1725.0	1875.0
7	1860.0	2000.0	1750.0	2010.0	1800.0	1800.0
8	1800.0	2070.0	1675.0	1950.0	1900.0	1725.0
9	2010.0	2050.0	1875.0	2160.0	2100.0	1925.0
10	1775.0	2105.0	1725.0	1925.0	1950.0	1775.0
11	1850.0	2015.0	1625.0	1865.0	1750.0	1850.0
12	2000.0	2100.0	1860.0	1950.0	1875.0	1700.0
13	2050.0	1930.0	1800.0	2020.0	1725.0	1875.0
14	1800.0	2115.0	2010.0	2000.0	1950.0	1900.0
15	1650.0	1920.0	1775.0	2055.0	1700.0	2050.0
16	1825.0	1825.0	1850.0	1965.0	2100.0	2100.0
17	1750.0	2060.0	1775.0	2055.0	1875.0	1900.0
18	1675.0	2000.0	1850.0	1965.0	1725.0	1875.0
19	1875.0	2210.0	2000.0	2050.0	1800.0	1800.0
20	1725.0	1975.0	2050.0	1880.0	1900.0	1725.0

APPENDIX D

RAW SCORES ON ARM STRENGTH

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	5.0	6.0	6.0	7.0	6.0	6.0
2	6.0	7.0	8.0	8.0	7.0	7.0
3	9.0	9.0	7.0	7.0	6.0	6.0
4	8.0	9.0	6.0	7.0	8.0	8.0
5	7.0	8.0	6.0	6.0	6.0	6.0
6	6.0	7.0	8.0	8.0	7.0	7.0
7	5.0	6.0	7.0	8.0	8.0	8.0
8	8.0	9.0	8.0	8.0	6.0	6.0
9	6.0	7.0	9.0	9.0	7.0	8.0
10	7.0	8.0	6.0	7.0	9.0	8.0
11	6.0	7.0	8.0	8.0	6.0	6.0
12	8.0	8.0	8.0	8.0	8.0	7.0
13	6.0	7.0	6.0	7.0	9.0	8.0
14	7.0	8.0	7.0	7.0	7.0	7.0
15	8.0	8.0	9.0	9.0	8.0	8.0
16	6.0	7.0	8.0	8.0	6.0	6.0
17	7.0	8.0	6.0	7.0	7.0	7.0
18	6.0	7.0	7.0	7.0	9.0	8.0
19	8.0	8.0	6.0	7.0	6.0	7.0
20	9.0	9.0	7.0	8.0	7.0	7.0

APPENDIX E

RAW SCORES ON RESTING PULSE RATE

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	66.0	64.0	70.0	67.0	66.0	66.0
2	70.0	68.0	69.0	64.0	64.0	67.0
3	65.0	66.0	66.0	70.0	67.0	68.0
4	68.0	65.0	70.0	67.0	69.0	70.0
5	69.0	63.0	65.0	65.0	67.0	67.0
6	67.0	64.0	68.0	66.0	65.0	68.0
7	65.0	67.0	69.0	65.0	62.0	62.0
8	68.0	66.0	67.0	68.0	69.0	71.0
9	67.0	65.0	65.0	69.0	68.0	70.0
10	68.0	65.0	68.0	64.0	65.0	66.0
11	66.0	63.0	67.0	65.0	69.0	69.0
12	63.0	65.0	68.0	70.0	67.0	68.0
13	70.0	69.0	67.0	71.0	67.0	69.0
14	69.0	66.0	68.0	69.0	68.0	68.0
15	64.0	67.0	66.0	62.0	72.0	74.0
16	66.0	65.0	63.0	67.0	64.0	64.0
17	65.0	63.0	70.0	66.0	67.0	69.0
18	69.0	67.0	69.0	68.0	72.0	73.0
19	63.0	64.0	66.0	65.0	72.0	72.0
20	69.0	68.0	70.0	70.0	68.0	68.0

APPENDIX F

RAW SCORES ON ANAEROBIC POWER

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	85.3	89.6	85.3	86.1	84.5	83.3
2	62.2	65.1	61.0	60.3	88.2	88.3
3	82.4	86.3	78.5	81.5	80.0	81.0
4	78.3	81.2	78.2	77.1	62.1	63.1
5	68.5	78.5	94.0	96.2	79.5	81.5
6	73.2	76.5	73.5	74.4	82.7	82.7
7	58.3	60.5	53.2	54.1	65.5	66.6
8	65.3	72.3	74.7	76.5	83.2	84.2
9	71.2	75.6	72.1	73.2	71.5	73.9
10	86.2	90.1	85.2	86.9	95.1	94.0
11	82.4	86.3	78.5	77.1	65.5	64.3
12	89.0	91.2	78.2	82.3	89.0	89.0
13	83.5	93.5	71.2	74.4	83.5	79.5
14	67.4	76.5	73.5	54.1	67.4	72.1
15	83.5	86.6	73.2	76.5	83.5	72.9
16	83.2	85.3	74.7	73.2	63.5	63.1
17	81.5	85.6	74.7	86.9	81.5	81.5
18	88.1	90.1	72.1	76.5	95.1	95.2
19	78.5	82.3	85.2	83.2	85.5	86.5
20	73.2	75.6	78.5	86.9	89.0	90.0

APPENDIX G

RAW SCORES ON VO₂ MAX

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	46.6	52.1	38.6	48.3	37.7	38.3
2	36.8	41.2	43.2	45.0	39.4	40.3
3	44.8	50.3	40.8	48.1	40.3	41.0
4	40.3	45.9	39.4	40.6	36.6	35.4
5	43.2	49.9	37.7	44.1	42.6	42.1
6	33.9	39.4	39.4	41.0	38.3	39.9
7	35.9	41.4	40.3	46.6	47.0	46.6
8	40.8	47.7	36.6	39.2	41.0	42.1
9	35.7	41.2	42.6	44.1	53.0	51.0
10	40.1	45.7	38.3	41.9	39.9	41.0
11	36.8	42.3	47.0	51.0	35.7	36.8
12	44.8	50.3	41.0	45.0	40.1	42.1
13	41.0	46.6	53.0	53.2	36.8	37.7
14	43.2	52.1	39.9	42.1	44.8	42.1
15	40.6	46.1	50.3	41.0	41.0	41.0
16	47.2	52.8	43.0	46.6	43.2	42.1
17	40.8	48.6	34.1	39.2	40.6	39.9
18	40.6	46.1	39.4	44.1	47.2	44.3
19	36.8	42.3	37.7	41.9	40.8	39.9
20	44.8	50.3	42.6	51.0	40.6	42.1

APPENDIX H

RAW SCORES ON BREATH HOLDING TIME

S.No.	High Intensity Low Frequency		Low Intensity high frequency		Control Group	
	Initial	Final	Initial	Final	Initial	Final
1	47.0	58.0	46.0	54.0	40.0	45.0
2	39.0	50.0	49.0	57.0	46.0	43.0
3	51.0	58.0	38.0	44.0	38.0	39.0
4	42.0	58.0	43.0	54.0	48.0	42.0
5	29.0	39.0	29.0	36.0	37.0	36.0
6	28.0	42.0	30.0	41.0	40.0	39.0
7	31.0	39.0	29.0	38.0	45.0	44.0
8	40.0	49.0	38.0	46.0	25.0	29.0
9	41.0	50.0	38.0	41.0	29.0	31.0
10	42.0	50.0	50.0	55.0	30.0	30.0
11	38.0	46.0	57.0	65.0	40.0	41.0
12	44.0	53.0	44.0	55.0	29.0	26.0
13	58.0	65.0	38.0	45.0	30.0	29.0
14	51.0	60.0	46.0	54.0	42.0	38.0
15	39.0	48.0	49.0	57.0	47.0	43.9
16	42.0	58.0	43.0	54.0	48.0	42.0
17	29.0	39.0	29.0	36.0	37.0	36.0
18	28.0	42.0	30.0	41.0	40.0	39.0
19	31.0	39.0	29.0	38.0	45.0	44.0
20	40.0	49.0	38.0	46.0	25.0	29.0