

**COMBINED EFFECT OF CIRCUIT TRAINING AND RESISTANCE
TRAINING ON PHYSICAL PHYSIOLOGICAL AND
PERFORMANCE VARIABLES OF
FOOTBALL PLAYERS**

Dissertation submitted to the Tamil Nadu Physical Education and Sports University, Chennai
for the partial fulfillment of the requirements for the award of degree of

**DOCTOR OF PHILOSOPHY
IN
PHYSICAL EDUCATION**

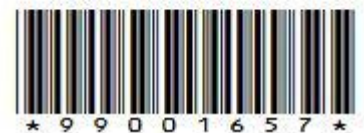
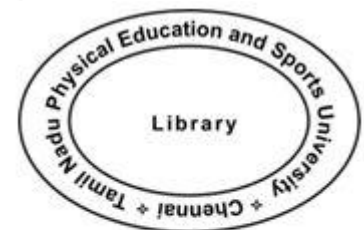
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