Figure	Title	Page No
Ι	PRE POST AND ADJUSTED POST TEST DIFFERENCES	105
	OF THE, EXPERIMENTAL AND CONTROL GROUPS ON	
	SPEED	
II	PRE POST AND ADJUSTED POST TEST DIFFERENCES	110
	OF THE, EXPERIMENTAL AND CONTROL GROUPS ON	
	EXPLOSIVE STRENGTH	
III	PRE POST AND ADJUSTED POST TEST DIFFERENCES	115
	OF THE, EXPERIMENTAL AND CONTROL GROUPS ON	
	FLEXIBILITY	
IV	PRE POST AND ADJUSTED POST TEST DIFFERENCES	120
	OF THE, EXPERIMENTAL AND CONTROL GROUPS ON	
	SYSTOLIC BLOOD PRESSURE	
V	PRE POST AND ADJUSTED POST TEST DIFFERENCES	125
	OF THE, EXPERIMENTAL AND CONTROL GROUPS ON	
	DIASTOLIC BLOOD PRESSURE	
VI	PRE POST AND ADJUSTED POST TEST DIFFERENCES	130
	OF THE, EXPERIMENTAL AND CONTROL GROUPS ON	
	VITAL CAPACITY	
VII	PRE POST AND ADJUSTED POST TEST DIFFERENCES	135
	OF THE, EXPERIMENTAL AND CONTROL GROUPS ON	
	ANXIETY	1.10
VIII	PRE POST AND ADJUSTED POST TEST DIFFERENCES	140
	OF THE, EXPERIMENTAL AND CONTROL GROUPS ON	
117	AGGRESSION	1.4.5
IX	PRE POST AND ADJUSTED POST TEST DIFFERENCES	145
	OF THE, EXPERIMENTAL AND CONTROL GROUPS ON	
37	SELF CONFIDENCE	170
Х	PRE POST AND ADJUSTED POST TEST DIFFERENCES	150
	OF THE, EXPERIMENTAL AND CONTROL GROUPS ON	
	PLAYING ABILITY	

List of Figures