

**EFFECT OF VARIED STRENGTH TRAINING ON  
SELECTED PHYSICAL AND PERFORMANCE  
VARIABLES AMONG CRICKET PLAYERS**

**DISSERTATION**

*Submitted to Tamilnadu Physical Education and  
Sports University in fulfillment of the  
Requirement for the Degree of*

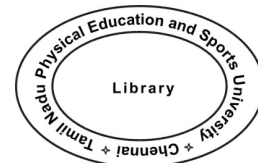
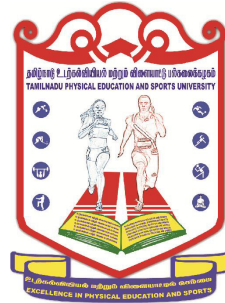
**DOCTOR OF PHILOSOPHY IN PHYSICAL EDUCATION**

*by*

**M. NEDUMARAN**

*Under the Guidance of*

**Dr. R. ABRAHAM**



**TAMILNADU PHYSICAL EDUCATION AND  
SPORTS UNIVERSITY CHENNAI, INDIA**

**AUGUST 2014**