LIST OF FIGURES

Figure		Page
1	Partner Assisted Let-Go's Drills	96
2	Partner Tubing-Assisted Acceleration Drill	97
3	Towed Running (Pulley)	98
4	Partner Resisted Starts	99
5	Weighted Starts	100
6	Diagram for Agility Test	111
7	Diagram on Balance Test	112
8	Diagram for Vertical Jump Test	114
9	Bar Diagram Showing Pre, Post And Adjusted Means on Hemoglobin	121
10	Bar Diagram Showing Pre, Post And Adjusted Means on High Density Lipoprotein	126
11	Bar Diagram Showing Pre, Post And Adjusted Means on Low Density Lipoprotein	131
12	Bar Diagram Showing Pre, Post And Adjusted Means on Very Low Density Lipoprotein	136
13	Bar Diagram Showing Pre, Post And Adjusted Means on triglycerides	141
14	Bar Diagram Showing Pre, Post And Adjusted Means on Total Cholesterol	146
15	Bar Diagram Showing Pre, Post And Adjusted Means on Speed	151

List of Figures (Coninuted)

Figures		Page
16	Bar Diagram Showing Pre, Post And Adjusted Means on Agility	156
17	Bar Diagram Showing Pre, Post And Adjusted Means on Muscular Power	161
18	Bar Diagram Showing Pre, Post And Adjusted Means on Balance	166