FIGURE	LIST OF FIGURES	Page
A	Graph On Cardiorespiratory Endurance	94
В	Graph On Muscular Strength	97
C	Graph On Muscular Endurance	100
D	Graph On Flexibility	103
E	Graph On Percent Body Fat	106
F	Graph On Mood States	110
G	Graph On Self-Confidence	113
Н	Graph On Self-Concept	116