Γable	LIST OF TABLES	Page No
I	Test and retest intra class correlation	89
П	Training schedule for Step aerobic exercise	91
Ш	Training schedule for Basic aerobic exercise	102
IV	Computation of Analysis of Covariance on Erythrocyte Sedimentation Rate	123
٧	Scheffe's post hoc test analysis on Erythrocyte Sedimentation Rate	124
VI	Computation of Analysis of Covariance on Red blood cell	127
VII	Scheffe's post hoc test ordered Adjusted final mean difference of Red blood cell	128
VIII	Computation of Analysis of Covariance on White blood cell	131
IX	Scheffe's post hoc test ordered Adjusted final mean difference of White blood corpuses cell	132
X	Computation of Analysis of Covariance on Hemoglobin rate	135
XI	Scheffe's post hoc test ordered Adjusted final mean difference of Hemoglobin rate	136
XII	Computation of Analysis of Covariance on Triglycerides	139
XIII	Scheffe's post hoc test ordered Adjusted final mean difference of Triglycerides	141
XIV	Computation of Analysis of Covariance on Low density lipoprotein	144
XV	Scheffe's post hoc test ordered Adjusted final mean difference of Low density lipoprotein	145
XVI	Computation of Analysis of Covariance on High density lipoprotein	149
XVII	Scheffe's post hoc test ordered Adjusted final mean difference of High density lipoprotein	150
XVIII	Computation of Analysis of Covariance on Super oxide dismutase	154
XIX	Scheffe's post hoc test ordered Adjusted final mean difference of Super oxide dismutase	155