<table>
<thead>
<tr>
<th>Table No.</th>
<th>Title</th>
<th>Page No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Descriptive analysis of fitness variables for urban school boys (13 to 16 year age).</td>
<td>55</td>
</tr>
<tr>
<td>2.</td>
<td>Analysis of variance for extent flexibility of urban boys, age-groups 13 to 16 years.</td>
<td>58</td>
</tr>
<tr>
<td>3.</td>
<td>Ordered weight means and difference between means for four age–groups in extent flexibility variable.</td>
<td>58</td>
</tr>
<tr>
<td>4.</td>
<td>Analysis of variance of dynamic flexibility of urban boys age–groups 13 to 16 years.</td>
<td>60</td>
</tr>
<tr>
<td>5.</td>
<td>Ordered weight means and difference between means for four age–groups in dynamic flexibility variable.</td>
<td>61</td>
</tr>
<tr>
<td>6.</td>
<td>Analysis of variance of shuttle run of urban boys age–groups 13 to 16 years.</td>
<td>61</td>
</tr>
<tr>
<td>7.</td>
<td>Ordered weight means and difference between means for four age–groups in shuttle run variable.</td>
<td>63</td>
</tr>
<tr>
<td>8.</td>
<td>Analysis of variance for cricket ball throw of urban boys age–groups 13 to 16 years.</td>
<td>65</td>
</tr>
<tr>
<td>9.</td>
<td>Ordered weight means and difference between means for four age–groups in cricket ball throw variable.</td>
<td>65</td>
</tr>
<tr>
<td>10.</td>
<td>Analysis of variance for pull–ups of urban boys age–groups 13 to 16 years.</td>
<td>67</td>
</tr>
<tr>
<td>11.</td>
<td>Ordered weight means and difference between means for four age–groups in pull–ups variable.</td>
<td>68</td>
</tr>
<tr>
<td>12.</td>
<td>Analysis of variance for leg lifts of urban boys age–groups 13 to 16 years.</td>
<td>68</td>
</tr>
<tr>
<td>13.</td>
<td>Ordered weight means and difference between means for four age–groups in leg lifts variable.</td>
<td>70</td>
</tr>
</tbody>
</table>

Contd.....
14. Analysis of variance for cable jumps of urban boys age-groups 13 to 16 years.

15. Ordered weight means and difference between means for four age-groups in cable jump variable.

16. Analysis of variance for broad jump of urban boys age-groups 13 to 16 years.

17. Ordered weight means and difference between means for four age-groups in broad jump variable.

18. Analysis of variance for dodge run of urban boys age-groups 13 to 16 years.

19. Ordered weight means and difference between means for four age-groups in dodge run variable.

20. Analysis of variance for 600m run of urban boys age-groups 13 to 16 years.

21. Ordered weight means and difference between means for four age-groups in 600m run variable.

22. Descriptive analysis of fitness variables for rural school boys (13 to 16 years age).

23. Analysis of variance for extent flexibility of rural boys 13 to 16 years.

24. Ordered weight means and difference between means for four age-groups in extent flexibility variable.

25. Analysis of variance of dynamic flexibility of rural boys age-groups 13 to 16 years.

26. Ordered weight means and difference between means for four age-groups in dynamic flexibility variable.

27. Analysis of variance of shuttle run of rural boys age-groups 13 to 16 years.

Contd.....
28. Ordered weight means and difference between means for four age-groups in shuttle run variable.
29. Analysis of variance for cricket ball throw of rural boys age-groups 13 to 16 years.
30. Ordered weight means and difference between means for four age-groups in cricket ball throw variable.
31. Analysis of variance for pull-ups of rural boys age-groups 13 to 16 years.
32. Ordered weight means and difference between means for four age-groups in pull-ups variable.
33. Analysis of variance for leg lifts of rural boys age-groups 13 to 16 years.
34. Ordered weight means and difference between means for four age-groups in leg lifts variable.
35. Analysis of variance for cable jump of rural boys age-groups 13 to 16 years.
36. Ordered weight means and difference between means for four age-groups in cable jump variable.
37. Analysis of variance for broad jump of rural boys age-groups 13 to 16 years.
38. Ordered weight means and difference between means for four age-groups in broad jump variable.
39. Analysis of variance for dodge run of rural boys age-groups 13 to 16 years.
40. Ordered weight means and difference between means for four age-groups in dodge run variable.
41. Analysis of variance for 600m run of rural boys age-groups 13 to 16 years.

Contd.....
42. Ordered weight means and difference between means for four age-groups in 600m run variable.
43. Mean difference between physical fitness components of urban and rural boys of 13-years age.
44. Mean difference between physical fitness components of urban and rural boys of 14-years age.
45. Mean difference between physical fitness components of urban and rural boys of 15-years age.
46. Mean difference between physical fitness components of urban and rural boys of 16-years age.
47. Norms for extent flexibility (Urban Boys)
48. Norms for dynamic flexibility (Urban Boys)
49. Norms for shuttle run (Urban Boys)
50. Norms for cricket ball throw (Urban Boys)
51. Norms for pull-ups (Urban Boys)
52. Norms for leg lifts (Urban Boys)
53. Norms for cable jump (Urban Boys)
54. Norms for standing broad jump (Urban Boys)
55. Norms for dodge run (Urban Boys)
56. Norms for 600m run/walk (Urban Boys)
57. Norms for extent flexibility (Rural Boys)
58. Norms for cricket ball throw (Rural Boys)
59. Norms for pull-ups (Rural Boys)
60. Norms for cable jumps (Rural Boys)
61. Norms for standing broad jump (Rural Boys)
62. Norms for 600m run/walk (Rural Boys)