### APPENDIX C

**Raw Scores on Health Related Physical Fitness Variables of Callisthenic Exercises in the water Group**

<table>
<thead>
<tr>
<th>S.No</th>
<th>Percent Body Fat</th>
<th>Lean Body Mass (Kg)</th>
<th>Flexibility (cm)</th>
<th>Cardio Respiratory Endurance (meters)</th>
<th>Muscular Strength Endurance (Numbers)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pre Test</td>
<td>Post Test</td>
<td>Pre Test</td>
<td>Post Test</td>
<td>Pre Test</td>
</tr>
<tr>
<td>1</td>
<td>20.35</td>
<td>19.34</td>
<td>49.38</td>
<td>50.01</td>
<td>23.76</td>
</tr>
<tr>
<td>2</td>
<td>23.35</td>
<td>21.78</td>
<td>48.67</td>
<td>49.67</td>
<td>27.32</td>
</tr>
<tr>
<td>3</td>
<td>24.01</td>
<td>21.65</td>
<td>50.15</td>
<td>51.71</td>
<td>25.46</td>
</tr>
<tr>
<td>4</td>
<td>20.34</td>
<td>19.33</td>
<td>51.22</td>
<td>51.87</td>
<td>23.45</td>
</tr>
<tr>
<td>5</td>
<td>23.76</td>
<td>21.27</td>
<td>46.51</td>
<td>48.03</td>
<td>26.52</td>
</tr>
<tr>
<td>6</td>
<td>21.22</td>
<td>20.43</td>
<td>47.66</td>
<td>48.14</td>
<td>23.96</td>
</tr>
<tr>
<td>7</td>
<td>23.27</td>
<td>21.32</td>
<td>47.88</td>
<td>49.1</td>
<td>26.12</td>
</tr>
<tr>
<td>8</td>
<td>24.01</td>
<td>20.67</td>
<td>46.35</td>
<td>48.39</td>
<td>27.89</td>
</tr>
<tr>
<td>9</td>
<td>20.43</td>
<td>19.45</td>
<td>50.29</td>
<td>50.91</td>
<td>29.56</td>
</tr>
<tr>
<td>10</td>
<td>20.65</td>
<td>18.76</td>
<td>51.58</td>
<td>52.81</td>
<td>28.56</td>
</tr>
<tr>
<td>11</td>
<td>24.5</td>
<td>19.54</td>
<td>46.89</td>
<td>49.97</td>
<td>27.89</td>
</tr>
<tr>
<td>12</td>
<td>21.53</td>
<td>19.56</td>
<td>47.08</td>
<td>48.26</td>
<td>26.76</td>
</tr>
<tr>
<td>13</td>
<td>21.22</td>
<td>19.02</td>
<td>51.21</td>
<td>52.64</td>
<td>25.34</td>
</tr>
<tr>
<td>14</td>
<td>19.76</td>
<td>19.23</td>
<td>48.95</td>
<td>49.27</td>
<td>27.53</td>
</tr>
<tr>
<td>15</td>
<td>21.98</td>
<td>19.56</td>
<td>50.17</td>
<td>51.72</td>
<td>27.31</td>
</tr>
<tr>
<td>16</td>
<td>23.44</td>
<td>21.79</td>
<td>47.85</td>
<td>48.88</td>
<td>24.94</td>
</tr>
<tr>
<td>17</td>
<td>23.44</td>
<td>21.76</td>
<td>46.7</td>
<td>47.73</td>
<td>28.24</td>
</tr>
<tr>
<td>18</td>
<td>23.64</td>
<td>21.67</td>
<td>45.82</td>
<td>47</td>
<td>26.22</td>
</tr>
<tr>
<td>19</td>
<td>24.54</td>
<td>22.34</td>
<td>48.45</td>
<td>49.86</td>
<td>26.41</td>
</tr>
<tr>
<td>20</td>
<td>24.87</td>
<td>20.76</td>
<td>47.41</td>
<td>50</td>
<td>26.32</td>
</tr>
</tbody>
</table>