DECLARATION

I hereby declare that the research done on the topic "Effects of Concentric, Eccentric and Combination of Concentric and Eccentric Types of Training on Muscular Strength, Muscular Hypertrophy and Muscular Power" is original piece of research work done by me. I have specified by means of references, from where the information has been taken.

To the best of my knowledge this thesis is not substantially the same as those which have already been submitted for a degree or any other academic qualification at any other university.

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