BIBLIOGRAPHY

BOOKS


Werner W K and Sharon A (1990) **Physical Fitness** “Fitness and Wellness”, Englewood, Colorda, USA Mortaon publishing company, P: 36.


Brechue WF and Mayhew JL, (2009) Upper-body work capacity and 1RM prediction are unaltered by increasing muscular strength in college football players. Journal of Strength and Condition Research, Dec;23(9):2477-86.


WEBSITES

www.news-medical.net
www.nccn.org
www.nejm.org
www.medscape.com
www.pcmag.com/encyclopedia
www.biomedcentral.com
www.europeanintegrativemedicinejrnl.com
www.sciencedirect.com
www.interscience.wiley.com
www.kabaddiikf.com/history.
APPENDICES

ABBREVIATIONS

SE : Standard Error
SD : Standard Deviation
Df & Diff : Differences
ANCOVA : Analysis of Co-Variance
SPSS : Statistical Package of Social Sciences
PRTG : Progressive Resistance Training Group
PRTWPG : Progressive Resistance with Pilates Training Group
PRTWPNFSTG : Progressive Resistance with PNF Stretch Technique Group
CG : Control Group