Survival of the fittest is the golden rule of nature. In order to achieve the fitness, one ought to have a sound body so as to achieve a soul to have good physiological value. It is clear that without a base it is next to impossible to express an art. So also the case of sound body with respect to sound mind.

Experience and recent scientific studies have evolved basic guidelines allowing individualised programmes to the structured, whatever the event or mode of exercise.

Bench step training plays a vital role in determining the sports performance. Bench step training must develop the specific physiological capabilities required to perform a given sports skill or activity. The development of physical fitness by scheduled training does promote and maintain performance.

The physiological effects of Bench step training are well documented. Bench step training allows exercise to be performed at varied intensities and frequencies for a longer time. The study will help the physical educationist, the sports scientists and coaches to realise their part in the improvement of sports.

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