RESULT

The result of the study shows that

1. There is a significant increase in bowling speed in bowlers with core stability training.

2. There is a significant improvement in the throwing power of the fast bowlers with core stability exercises.

3. There is a significant increase in the strength of core muscles with core stability exercises.

4. There is a significantly decrease incidences of low back pain among the bowlers who underwent core stability training.

5. There is a significant improvement in prone hold among the fast bowlers with core stability training.