The benefits of training or particularly sports training is well established. Recognizing the benefits of exercise and training, many researches have already been conducted. Considering the physiology aspect of training, training may be classified as aerobic and anaerobic as well as a combination of the both. The main essence of anaerobic training is to improve muscular strength as well as muscle bulk. Due to high intensity anaerobic training, development of muscle as well as strength development occurred. Muscular development is dependent on other factors too such as growth factor, nutritional factor and some inborn factors.

In the present study, the scholar chosen teen agers as subjects where growth factor is a prime consideration for muscular development. In the present study anthropometric variables, body composition variables and skill-related factors have been selected with a view to find out the effects of anaerobic training on those factors particularly upon the teen agers.

Expectedly the present investigation will highlight the effects of anaerobic training among teen agers considering the growth factors specially for the early teen agers groups.