

LIST OF FIGURES

FIGURE .NO	TITLE	PAGE .NO
4.1	Bar diagram shows the mean values of pre-test and post-test on upper body muscular strength	101
4.2	Bar diagram shows the mean values of pre-test and post-test on lower body muscular strength	101
4.3	Bar diagram shows the mean values of pre-test and post-test on abdominal muscular strength and endurance	102
4.4	Bar diagram shows the mean values of pre-test and post-test on upper body muscular power	102
4.5	Bar diagram shows the mean values of pre-test and post-test on lower body muscular power	103
4.6	Bar diagram shows the mean values of pre-test and post-test on aerobic capacity	103
4.7	Bar diagram shows the mean values of pre-test and post-test on anaerobic capacity	104
4.8	Bar diagram shows the mean values of pre-test and post-test on serving ability	104
4.9	Bar diagram shows the mean values of pre-test and post-test on passing ability	105
4.10	Bar diagram shows the mean values of pre-test and post-test on overall playing ability	105
4.11	Adjusted mean values on upper body muscular strength	119
4.12	Adjusted mean values on lower body muscular strength	119
4.13	Adjusted mean values on abdominal muscular strength and endurance	120

4.14	Adjusted mean values on upper body muscular power	120
4.15	Adjusted mean values on lower body muscular power	121
4.16	Adjusted mean values on aerobic capacity	121
4.17	Adjusted mean values on anaerobic capacity	122
4.18	Adjusted mean values on serving ability	122
4.19	Adjusted mean values on passing ability	123
4.20	Adjusted mean values on overall playing ability	123