

**EFFECT OF RESISTANCE TRAINING, BODYWEIGHT
TRAINING AND THEIR COMBINATION ON SELECTED
PHYSICAL FITNESS COMPONENTS OF KABADDI PLAYERS**

कबड्डी खिलाड़ियों के चयनित शारीरिक फिटनेस घटकों
पर प्रतिरोध प्रशिक्षण, शारीरिक भार प्रशिक्षण और उनके संयोजन का प्रभाव

A

Thesis

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