

## APPENDIX – I

## Score of Physical Fitness Variables of Resistance Training Group

No	Speed		Endurance		Agility		Flexibility		Muscular Endurance		Upper Body Strength		Lower Body Strength	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
1	7.06	6.87	1930	2050	9.63	9.51	15.5	16.5	26	29	32.50	37.50	75	85
2	6.86	6.62	2350	2630	9.46	9.38	17.5	19	27	32	37.50	42.50	80	85
3	6.89	6.57	2700	2940	9.57	9.37	18	19.5	28	32	40.00	45.00	65	70
4	7.15	6.89	1900	2130	9.46	9.32	14.5	17	30	34	45.00	47.50	60	75
5	7.16	7.03	2250	2340	9.22	8.95	15	19	31	35	27.50	35.00	65	75
6	6.89	6.63	2710	2860	9.55	9.31	18	21.5	31	33	30.00	32.50	75	80
7	7.14	6.80	2010	2050	9.19	8.98	16.5	19	26	31	37.50	40.00	80	85
8	6.84	6.63	1810	2070	9.75	9.54	19	21	34	36	45.00	47.50	85	85
9	6.73	6.59	2430	2610	9.41	9.34	19.5	22.5	35	38	47.50	47.50	60	70
10	7.26	7.09	1870	1940	9.64	9.6	18	20.5	26	30	32.50	37.50	85	95
11	7.18	7.03	2640	2310	9.41	9.35	16	20	28	31	35.00	40.00	75	85
12	6.98	6.77	1870	1930	9.34	9.19	17	19.5	29	33	25.00	32.50	70	80

No	Speed		Endurance		Agility		Flexibility		Muscular Endurance		Upper Body Strength		Lower Body Strength	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
13	6.68	6.47	1900	2090	9.5	9.34	18	19.5	32	36	20.00	27.50	75	80
14	7.22	7.06	2220	2270	9.41	9.32	16.5	20	30	33	30.00	35.00	80	90
15	6.78	6.63	2430	2510	9.45	9.22	16	18.5	27	32	35.00	40.00	90	90
16	7.22	7.11	2310	2490	9.56	9.3	17	20	36	38	37.50	40.00	75	85
17	6.82	6.58	1840	1950	9.55	9.46	16.5	18.5	28	32	27.50	32.50	55	70
18	6.93	6.71	1950	1990	9.42	9.29	18	19.5	32	36	40.00	45.00	65	70
19	7.08	6.81	1800	1910	9.34	8.9	19	21	33	36	42.50	45.00	60	80
20	7.34	7.11	2590	2630	9.41	9.2	17	18	26	30	40.00	45.00	50	55
21	7.48	7.13	1950	2170	9.47	9.37	16	18.5	35	37	35.00	40.00	65	70
22	6.94	6.73	1990	2020	9.25	9.2	18.5	20	28	31	37.50	40.00	60	65
23	7.20	6.97	1930	2260	9.35	9.18	17	21	34	37	27.50	32.50	65	75
24	6.74	6.49	2360	2540	9.41	9.32	16.50	19.00	26	31	30.00	32.50	75	80
25	7.19	6.93	2370	2460	9.87	9.67	18.00	20.50	30	33	27.50	30.00	80	85

## APPENDIX – II

## Score of Physical Fitness Variables of Body Weight Training Group

No	Speed		Endurance		Agility		Flexibility		Muscular Endurance		Upper Body Strength		Lower Body Strength	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
<b>1</b>	6.98	6.76	2430	2590	9.41	9.31	19.5	21.5	28	30	35.00	37.50	65	<b>70</b>
<b>2</b>	6.48	6.41	1830	2220	9.37	9.28	18.5	22	30	33	32.50	37.50	70	<b>80</b>
<b>3</b>	7.56	7.19	1890	1970	9.22	9.05	20	23	29	34	27.50	32.50	75	<b>75</b>
<b>4</b>	7.21	7.06	2230	2420	9.01	8.71	18	23	31	34	40.00	42.50	80	<b>85</b>
<b>5</b>	7.19	6.91	2530	2630	9.73	9.6	20	21.5	34	37	37.50	42.50	50	<b>60</b>
<b>6</b>	6.59	6.37	2460	2630	9.41	9.27	17	20.5	35	37	30.00	35.00	60	<b>70</b>
<b>7</b>	7.15	6.94	2370	2560	9.73	9.51	17.5	20	29	32	25.00	32.50	70	<b>75</b>
<b>8</b>	7.45	7.08	1810	2070	8.76	8.51	16	20.5	33	36	30.00	35.00	75	<b>75</b>
<b>9</b>	6.48	6.20	1940	2190	9.34	9.2	19	23.5	34	38	35.00	35.00	80	<b>85</b>
<b>10</b>	7.11	6.79	1860	2080	9.8	9.67	20	22	26	30	37.50	42.50	85	<b>90</b>
<b>11</b>	6.89	6.38	1870	2190	9.76	9.52	19	22	37	38	27.50	30.00	90	<b>90</b>
<b>12</b>	6.78	6.49	1940	2080	9.4	9.21	19.5	22	38	41	30.00	35.00	75	<b>80</b>

No	Speed		Endurance		Agility		Flexibility		Muscular Endurance		Upper Body Strength		Lower Body Strength	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
<b>13</b>	7.16	7.06	2360	2570	9.79	9.57	16.5	21.5	26	30	32.50	35.00	70	<b>75</b>
<b>14</b>	6.78	6.59	1950	2160	9.41	9.19	19	22.5	30	33	35.00	40.00	60	<b>65</b>
<b>15</b>	6.48	6.34	1900	2210	9.37	9.17	19	22	30	34	35.00	37.50	65	<b>75</b>
<b>16</b>	7.18	6.89	2340	2550	9.88	9.53	16	19.5	26	31	30.00	35.00	65	<b>70</b>
<b>17</b>	7.68	7.48	1910	2100	9.91	9.73	16	21.5	24	29	32.50	37.50	60	<b>70</b>
<b>18</b>	6.84	6.52	2070	2220	9.37	9.21	16.5	19	28	32	30.00	35.00	75	<b>80</b>
<b>19</b>	6.79	6.49	2470	2510	9.41	9.17	18.5	22	29	32	35.00	32.50	80	<b>85</b>
<b>20</b>	7.16	7.08	2260	2430	9.81	9.68	17	20.5	31	34	37.50	37.50	75	<b>85</b>
<b>21</b>	7.02	6.94	1930	2110	9.83	9.63	15.5	18.5	30	34	40.00	40.00	70	<b>80</b>
<b>22</b>	7.51	7.18	2370	2580	9.77	9.47	16.5	19	34	37	32.50	37.50	75	<b>80</b>
<b>23</b>	6.37	6.11	1970	2180	9.29	9.11	18.5	21.5	32	36	37.50	40.00	70	<b>75</b>
<b>24</b>	7.16	6.79	1830	2030	9.67	9.41	19.00	21.00	30	33	30.00	35.00	65	<b>75</b>
<b>25</b>	<b>7.40</b>	<b>7.14</b>	<b>1960</b>	<b>2260</b>	<b>9.84</b>	<b>9.66</b>	<b>16.00</b>	<b>19.50</b>	<b>33</b>	<b>37</b>	<b>32.50</b>	<b>35.00</b>	<b>55</b>	<b>70</b>

## APPENDIX – III

## Score of Physical Fitness Variables of Combination Group

No	Speed		Endurance		Agility		Flexibility		Muscular Endurance		Upper Body Strength		Lower Body Strength	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
1	6.87	6.57	2010	2370	9.23	9.11	16.5 0	18.0 0	26	29	37.5 0	45.0 0	75	85
2	6.98	6.66	2130	2340	9.13	9.07	18.0 0	20.5 0	30	34	40.0 0	42.5 0	65	70
3	7.18	6.78	1890	2190	9.68	6.48	19.5 0	21.0 0	35	28	27.5 0	32.5 0	60	70
4	7.28	7.01	1920	2180	9.29	9.18	15.5 0	18.5 0	28	33	35.0 0	37.5 0	55	65
5	6.84	6.57	1870	2160	9.48	9.21	16.5 0	20.0 0	29	32	32.5 0	35.0 0	80	85
6	6.79	6.40	2340	2460	9.45	9.16	18.0 0	21.0 0	30	34	35.0 0	37.5 0	65	70
7	7.19	6.87	1930	2340	9.56	9.22	17.5 0	21.5 0	35	38	37.5 0	42.5 0	55	70
8	7.48	7.18	2130	2330	9.72	9.5	20.0 0	23.0 0	20	26	42.5 0	45.0 0	70	80
9	7.45	7.04	1890	2190	9.42	9.21	16.5	20.0	28	33	40.0	45.0	75	80

No	Speed		Endurance		Agility		Flexibility		Muscular Endurance		Upper Body Strength		Lower Body Strength	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
							0	0			0	0		
<b>10</b>	6.48	6.31	2060	2240	9.34	8.9	18.5 0	21.5 0	29	34	25.0 0	32.5 0	75	<b>85</b>
<b>11</b>	6.87	6.57	2330	2670	9.44	9.2	19.0 0	20.0 0	34	37	27.5 0	32.5 0	80	<b>85</b>
<b>12</b>	7.03	6.78	2160	2340	9.47	9.15	16.5 0	20.5 0	29	34	40.0 0	42.5 0	65	<b>75</b>
<b>13</b>	6.49	6.30	2040	2280	9.37	9.2	18.0 0	21.5 0	35	38	32.5 0	37.5 0	90	<b>95</b>
<b>14</b>	7.16	6.79	2070	2350	9.35	9.1	17.5 0	21.5 0	34	37	25.0 0	30.0 0	75	<b>80</b>
<b>15</b>	6.75	6.41	2130	2340	9.46	9.21	16.5 0	20.0 0	38	41	27.5 0	30.0 0	80	<b>90</b>
<b>16</b>	7.32	7.03	2340	2580	9.22	8.9	19.0 0	23.0 0	39	43	32.5 0	35.0 0	65	<b>75</b>
<b>17</b>	7.08	6.81	2280	2430	9.55	9.31	18.5 0	21.5 0	34	38	30.0 0	30.0 0	55	<b>65</b>
<b>18</b>	6.74	6.48	2160	2410	9.09	8.9	16.5 0	21.0 0	29	34	37.5 0	40.0 0	70	<b>75</b>
<b>19</b>	6.89	6.37	1860	2110	9.19	9.31	20.0 0	23.0 0	35	38	27.5 0	30.0 0	65	<b>75</b>

No	Speed		Endurance		Agility		Flexibility		Muscular Endurance		Upper Body Strength		Lower Body Strength	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
<b>20</b>	7.21	6.93	1930	2160	9.41	9.22	15.5 0	19.0 0	34	37	25.0 0	27.5 0	75	<b>80</b>
<b>21</b>	7.00	6.78	2180	2270	9.64	9.56	21.0 0	23.0 0	30	35	27.5 0	32.5 0	80	<b>85</b>
<b>22</b>	6.78	6.49	2280	2450	9.41	9.26	18.5 0	21.5 0	32	37	32.5 0	35.0 0	85	<b>90</b>
<b>23</b>	6.59	6.37	2160	2360	9.34	9.19	16.0 0	19.0 0	21	27	30.0 0	35.0 0	70	<b>80</b>
<b>24</b>	7.21	7.02	2140	2380	9.63	6.57	19.5 0	21.0 0	28	34	32.5 0	37.5 0	60	<b>70</b>
<b>25</b>	<b>7.06</b>	<b>6.73</b>	<b>2070</b>	<b>2340</b>	<b>9.78</b>	<b>9.52</b>	<b>16.0 0</b>	<b>19.5 0</b>	<b>26</b>	<b>33</b>	<b>27.5 0</b>	<b>32.5 0</b>	<b>55</b>	<b>70</b>

## APPENDIX – IV

## Score of Physical Fitness Variables of Control Group

No	Speed		Endurance		Agility		Flexibility		Muscular Endurance		Upper Body Strength		Lower Body Strength	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
<b>1</b>	6.97	6.90	2360	2390	9.31	9.28	18.50	19.00	23	24	32.50	32.50	65	<b>70</b>
<b>2</b>	7.16	7.14	1850	1860	9.78	9.71	22.00	23.00	27	29	40.00	42.50	75	<b>75</b>
<b>3</b>	7.45	7.41	1840	1830	9.67	9.59	20.50	22.50	29	30	45.00	45.00	80	<b>80</b>
<b>4</b>	6.84	6.98	1860	1880	9.42	9.37	19.5	21	32	30	47.50	47.50	85	<b>85</b>
<b>5</b>	6.79	6.71	2430	2510	9.49	9.48	17.5	18	34	33	32.50	35.00	60	<b>65</b>
<b>6</b>	7.13	7.07	1820	1830	9.72	9.71	19	19.5	35	36	25.00	27.50	55	<b>55</b>
<b>7</b>	7.16	7.06	2450	2480	9.29	9.24	20	20.5	29	30	35.00	35.00	60	<b>55</b>
<b>8</b>	7.34	7.31	2620	2640	9.28	9.25	17	18	28	29	30.00	32.50	65	<b>60</b>
<b>9</b>	6.84	6.89	1740	1720	9.31	9.26	16.5	17	30	31	25.00	25.00	55	<b>60</b>
<b>10</b>	6.76	6.83	1890	1890	9.6	9.57	17.5	17.5	31	32	27.50	27.50	60	<b>60</b>
<b>11</b>	6.79	6.64	2410	2430	9.41	9.37	16	16.5	34	35	32.50	32.50	65	<b>70</b>
<b>12</b>	7.09	7.01	2370	2410	9.31	9.26	18	18	32	33	30.00	30.00	75	<b>75</b>



No	Speed		Endurance		Agility		Flexibility		Muscular Endurance		Upper Body Strength		Lower Body Strength	
	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test
<b>13</b>	7.12	7.02	1830	1810	9.34	9.31	17	17.5	35	36	30.00	32.50	70	<b>75</b>
<b>14</b>	7.22	7.18	1900	1890	9.39	9.32	16	16.5	28	30	27.50	30.00	70	<b>75</b>
<b>15</b>	6.87	6.73	1870	1780	9.54	9.51	18.5	15	26	28	35.00	37.50	85	<b>80</b>
<b>16</b>	6.49	6.44	1960	1950	9.62	9.58	18	18.5	24	26	37.50	37.50	90	<b>90</b>
<b>17</b>	6.86	6.63	2260	2280	9.37	9.34	19	21.5	35	35	32.50	32.50	80	<b>85</b>
<b>18</b>	7.09	6.99	2450	2490	9.42	9.39	17.5	18	29	27	30.00	32.50	70	<b>70</b>
<b>19</b>	7.18	7.06	2460	2510	9.55	9.53	16	16.5	30	30	25.00	25.00	55	<b>55</b>
<b>20</b>	6.84	6.77	2390	2430	9.34	9.31	19	17	34	32	27.50	30.00	65	<b>60</b>
<b>21</b>	6.78	6.63	1760	1760	9.26	9.24	16.5	17.5	26	26	32.50	32.50	70	<b>75</b>
<b>22</b>	7.30	7.21	1820	1810	9.4	9.35	18	21.5	30	30	27.50	30.00	75	<b>70</b>
<b>23</b>	7.19	7.08	2460	2470	9.47	9.42	14	15	34	33	30.00	30.00	70	<b>70</b>
<b>24</b>	6.84	6.78	2240	2290	9.37	9.25	16.00	17.50	35	36	32.50	32.50	75	<b>75</b>
<b>25</b>	<b>6.66</b>	<b>6.53</b>	<b>1790</b>	<b>1770</b>	<b>6.4</b>	<b>9.21</b>	<b>17.0</b>	<b>17.5</b>	<b>33</b>	<b>34</b>	<b>35.0</b>	<b>32.50</b>	<b>65</b>	<b>70</b>