

**EFFECT OF SPEED JUMP AND STRENGTH JUMP TRAINING ON
SELECTED PHYSICAL FITNESS VARIABLES AND JUMPING
PERFORMANCE OF FEMALE VOLLEYBALL PLAYERS**

महिला वॉलीबॉल खिलाडीयो पर गति-कूद और शक्ति-कूद प्रशिक्षण का
चयनित शारीरिक-योग्यता चर और कूद प्रदर्शन पर प्रभाव

**A
Thesis**

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