

**THE EFFECT OF RESISTANCE CIRCUIT TRAINING AND
INTENSIVE INTERVAL TRAINING ON SELECTED PHYSICAL
AND PHYSIOLOGICAL VARIABLES OF VEER NARMAD SOUTH
GUJARAT UNIVERSITY KHO-KHO PLAYERS**

वीर नर्मद दक्षिण गुजरात विश्वविद्यालय के खो-खो खिलाड़ीयो के चयनित भौतिक एवं
शारीरिक चर पर प्रतिरोध सर्किट प्रशिक्षण और गहन अंतराल प्रशिक्षण का प्रभाव

**A
Thesis**

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