**Fitness Test Results.**

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| **Name of test.** | **Pre-programme result.** | **Post programme result.** |
| Multi stage fitness test |  |  |
| 12 minute cooper run |  |  |
| Harvard step test |  |  |
| Hand Grip dynometer |  |  |
| Abdominal curls |  |  |
| Sit and reach test |  |  |
| Body Mass Index |  |  |
| Illinois agility run |  |  |
| Standing stork test |  |  |
| Alternate hand toss |  |  |
| Ruler drop test |  |  |
| Computer reaction test |  |  |
| Sergeant jump test |  |  |
| Standing broad jump |  |  |
| 30m sprint |  |  |
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