

Table 1) Descriptive statistics of personal characteristics of the subjects in two experimental and control groups

Index	Group	Mean	Significance Level
Age (Year)	Experimental	20.52±1.24	p >0.05
	Control	20.82±1.52	
Height (cm)	Experimental	177.21±4.92	p >0.05
	Control	176.11±3.95	
Weight (kg)	Experimental	67.95±2.97	p >0.05
	Control	68.59±2.52	

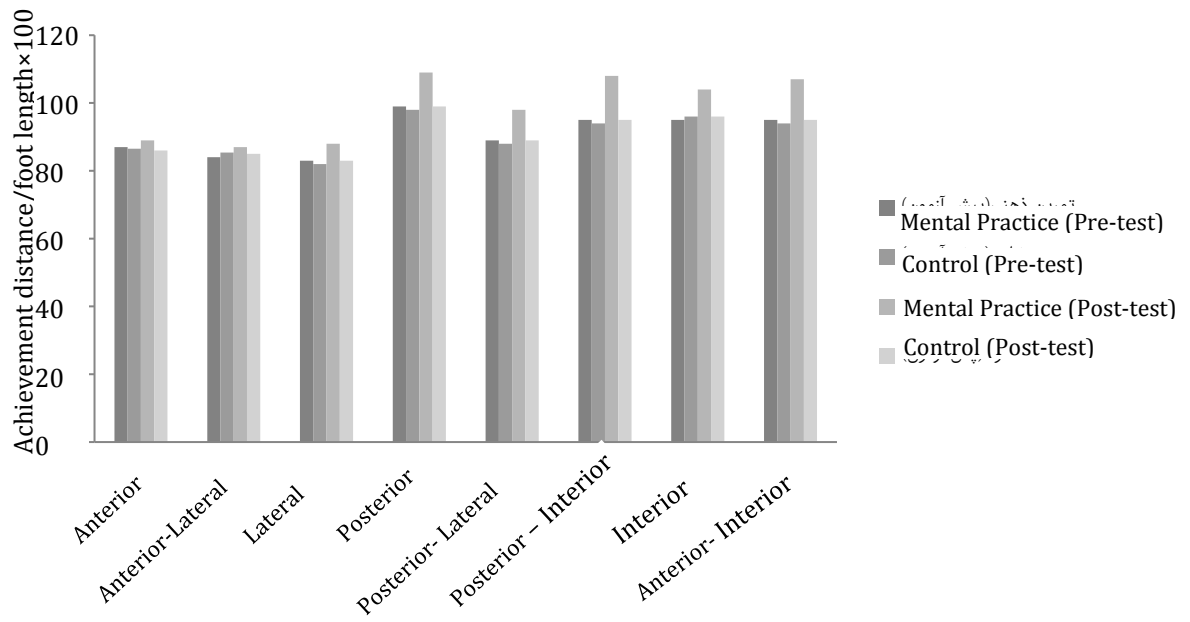


Figure 1) Mean of distance between reaching point between the two groups before and after the exercise program