

Table 1) Comparison between Statistical Mean Scores of the Measured Variables

Variables	Pre-test	Post-test	Change Percentage	P Value
Aerobic Power (ml/kg per min)				
Experimental Group	44.42±0.54	47.00±0.82	5.80	<0.001
Control Group	44.49±0.24	45.29±0.38	1.79	<0.001
P Value	>0.70	<0.001	-	-
Anaerobic Power (W/kg)				
Experimental Group	185.20±25.01	251.10±39.71	35.58	<0.001
Control Group	174.30±34.50	208.90±43.22	19.85	<0.001
P Value	>0.42	<0.03	-	-
Blood Lactate(mM/l)				
Experimental Group	9.35±2.91	6.44±2.92	-31.12	<0.001
Control Group	10.64±2.92	9.08±2.96	-14.66	<0.001
P Value	>0.33	<0.06	-	-