

Table 1) Mean time of learning chain reaction during learning (in five epoch) in three experimental groups

	Group 1 (6-hour Exercise Easement)	Group 2 (24-hour Exercise Easement)	Group 3 (72-hour Exercise Easement)
First Package	693.38±35.03	693.07±21.17	684.84±35.57
Second Package	687.79±34.39	687.87±26.32	679.58±34.12
Third Package	680.26±34.87	680.46±26.16	671.51±32.31
Fourth Package	668.45±34.56	671.92±25.62	660.30±31.70
Fifth Package	650.10±24.31	657.10±25.22	637.94±33.61