

Table1) Levels of testosterone, and in experimental and control groups in pre- and post-test stages

Hormone	Group	Pre-test	Post-test	t	Significance
testosterone	experiment	7.07	2.74	3.891	0.001
	Control	9.55	3.03		
	experiment	3.50	2.57	2.381	0.112
	Control	5.18	1.90		
FSH	experiment	2.41	1.09	0.104	0.918
	Control	2.01	0.66		

Table2) Impact of ranger training course on anaerobic power, Speed, agility and flexibility of the Subjects

Indicator	Group	Mean	t	Significance
Anaerobic Power	experiment	75.90±9.73	2.14	0.044
	Control	67.29±10.09		
	experiment	3.30±0.42	-0.85	0.399
	Control	3.30±0.23		
Agility	experiment	10.00±1.17	0.76	0.455
	Control	9.71±0.57		
Flexibility	experiment	32.06±4.83	0.43	0.666
	Control	31.12±5.65		