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#### EFFECT OF RESISTANCE TRAINING ENDURANCE TRAINING AND COMBINED TRAINING ON SELECTED PHYSICAL FITNESS VARIABLES

In an

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## Scholarly Research Journal For

### Interdisciplinary Studies

ISSN 2278 – 8808, SJIF 2018: 6.371 PEER REVEIEWED JOURNAL JAN-FEB, 2019 Volume 6, Issue 49, Released on 01/03/2019

Certificate No. SRJIS 1/1/2019 www.srjis.com



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