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Historical Evolution of Aerobic Training Methods and Their Comparative Effects on Body Composition, Physiological and Performance Variables among Under-14 Cricketers

Author(s)

Tanveer Ali¹ , Vikas Saxena²

¹ Research Scholar, Department of Physical Education, Rabindranath Tagore university, Raisen, Madhya Pradesh, India.

² Head of the Department, Department of Physical Education, Rabindranath Tagore University, Madhya Pradesh, India.

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