Research Data

Serial No.	Group	Age	Gender	Height(Cm)	Weight(Kg)	BMI	Vertical jump height(Pre)(Cm)	Vertical jump height(Post)(Cm)
1	1	21	1	172.72	68	22.8	39	37.5
2	1	23	1	190.5	98	27	32	35
3	1	21	1	180.3	74	22.8	49	48
4	1	19	2	162.5	70	27.2	24	24
5	1	20	2	162.5	52	19.7	27	26
6	1	24	2	154.9	58	24.2	16	20
7	1	22	2	167.6	88	31.3	18	22
8	1	22	2	167.6	55	19.6	27	23
9	1	23	2	160	46	18	25	20
10	1	23	2	165.1	55	20.2	28	28
11	1	23	2	165.1	48	17.6	26	31
12	1	23	2	162.5	67	25.4	29	29
13	1	21	2	147.3	43	19.8	15	16
14	1	23	1	177.8	63	19.9	46	49
15	1	22	1	170.1	68	23.5	44	46
16	1	19	1	187.9	75	21.2	27	34
17	1	22	1	182.8	73	21.8	31	39
18	1	21	2	157.4	60	24.2	25	24
19	1	24	2	160.2	54	21	25	25
20	1	22	1	165.1	65	23.8	34	36
21	1	24	2	165.1	60	22	36	34
22	1	24	1	177.8	80	25.3	35	34
23	1	22	1	162.5	55	20.8	32	32
24	1	22	1	170.1	60	20.7	19	20
25	1	23	1	180.34	75	23.1	29	31
26	2	20	2	160.2	57	22.2	25	29
27	2	20	2	169	66	23.5	26	30
28	2	20	2	160.2	49	19.1	32	35
29	2	20	2	170.1	62	21.4	24	30
30	2	21	1	177.8	69	21.8	44	57
31	2	22	1	177.8	52	16	43	50
32	2	22	2	165.1	66	24.2	24	26
33	2	18	2	160.2	50	19.5	24	28
34	2	19	2	154.9	50	20.8	28	29
35	2	18	2	154.9	65	27.4	16	21
36	2	19	2	170.1	47	16.2	25	27

37	2	20	2	172.7	69	23.1	28	33
38	2	19	1	180.34	72	22.1	49	51
39	2	19	1	176.26	65	20.9	47	51
40	2	20	1	180.3	67	20.6	26	41
41	2	20	1	187.9	70	19.8	32	36
42	2	19	1	182	70	20.9	36	38
43	2	21	1	172.7	70	23.5	44	47
44	2	19	1	177.8	70	22.1	30	39
45	2	19	1	187.9	68	24.3	47	53
46	2	19	1	180.3	69	21.2	33	38
47	2	21	1	165.1	60	22	35	44
48	2	19	1	157	65	26.4	46	49
49	2	23	2	160.2	53	20.7	26	30
50	2	24	2	165.1	63	23	17	22