

Table 2. Descriptive Statistics for Surfing and Pool Play Group

		Surfing		Pool play	
		Mean	St. dev.	Mean	St. dev.
Curl-up	Pre	17.39	20.21	13.55	17.92
	Post	21.30	22.73	17.50	20.79
Pushup	Pre	38.59	50.34	26.46	34.60
	Post	48.90	51.56	35.60	32.23
20m pacer run time	Pre	13.97	15.88	8.90	10.30
	Post	17.23	17.11	12.35	10.21
Sit & reach – R	Pre	21.10	10.68	20.39	10.52
	Post	24.25	9.96	23.11	10.94
Sit & reach – L	Pre	21.86	11.86	21.47	9.19
	Post	23.82	10.49	23.68	9.82