

Table 3. Results of Within-Group Differences between Pre- and Post-measures

	Variable	N	W	SE	Z	r	p
Surfing	Curl-up	66	1484.00	138.89	3.877	0.477	0.000*
	Push-up	68	1610.50	149.49	3.816	0.463	0.000*
	20m Pacer run times	65	1532.00	138.96	4.221	0.524	0.000*
	Sit & Reach - Right	65	1265.50	125.41	3.501	0.434	0.000*
	Sit & Reach - Left	65	1220.50	131.86	2.544	0.316	0.011*
	Total % fat	9	0.000	5.916	-2.366	0.789	0.016*
	Fat-free mass	9	44.00	8.441	2.547	0.849	0.008*
	Total BMD	9	45.00	8.411	2.675	0.892	0.004*
Pool Play	Curl-up	20	142.50	22.85	2.495	0.558	0.010*
	Push-up	20	170.00	24.83	3.021	0.676	0.001*
	20m Pacer run times	20	190.00	24.72	3.843	0.859	0.000*
	Sit & Reach - Right	18	150.00	22.75	2.835	0.668	0.003*
	Sit & Reach - Left	18	141.50	22.72	2.465	0.581	0.012*

*Significantly different than baseline ($P \leq 0.016$)