

Table 4. Results of Differences between Surf and Pool Groups

Measures	Variable	N	U	SE	Z	r	p
Pre-	Curl-up	89	796.5	101.52	1.049	0.111	0.294
	Push-up	90	849.5	102.72	1.455	0.153	0.146
	20m Pacer run times	87	792.0	98.96	1.233	0.132	0.218
	Sit & Reach - Right	87	669.5	95.35	0.509	0.055	0.611
	Sit & Reach – Left	87	624.5	96.37	0.037	0.004	0.971
Post-	Curl-up	87	789.5	98.89	0.996	0.107	0.319
	Push-up	87	794.0	100.36	1.136	0.122	0.256
	20m Pacer run times	86	749.0	97.67	0.911	0.098	0.362
	Sit & Reach - Right	83	633.5	90.41	0.536	0.059	0.592
	Sit & Reach - Left	83	566.0	90.44	-0.210	0.023	0.834

There were no between-group differences observed for any measured outcomes $p < 0.05$