

INTERNATIONAL RESEARCH JOURNAL OF MANAGEMENT SCIENCE AND TECHNOLOGY

An Internationally Indexed Peer Reviewed & Refereed Journal



UGC ID - 47959

Impact Factor* : 8.1026

Ref:IRJMST/2023/A1017632

DOI : [HTTPS://DOI.ORG/10.32804/IRJMST](https://doi.org/10.32804/IRJMST)

ISSN – 2250 – 1959 (O) 2348 – 9367 (P)

THIS CERTIFIES THAT

CHAUDHARI VIJAYKUMAR M.

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

**A STUDY OF THE EFFECTS OF CIRCUIT TRAINING AND RESISTANCE TRAINING ON CARDIO
RESPIRATORY ENDURANCE IN WOMEN**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 14 , Issue – 8 Aug , 2023



Editor in Chief



www.IRJMST.com



Computer Science Directory



INTERNATIONAL RESEARCH JOURNAL OF MANAGEMENT SCIENCE AND TECHNOLOGY

An Internationally Indexed Peer Reviewed & Refereed Journal



UGC ID - 47959

Impact Factor* : 8.1026

Ref:IRJMST/2023/A1017632

DOI : [HTTPS://DOI.ORG/10.32804/IRJMST](https://doi.org/10.32804/IRJMST)

ISSN – 2250 – 1959 (O) 2348 – 9367 (P)

THIS CERTIFIES THAT

DR. AJITSINH THAKOR

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

**A STUDY OF THE EFFECTS OF CIRCUIT TRAINING AND RESISTANCE TRAINING ON CARDIO
RESPIRATORY ENDURANCE IN WOMEN**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 14 , Issue – 8 Aug , 2023



Editor in Chief



www.IRJMST.com



Computer Science Directory

