

INTERNATIONAL RESEARCH JOURNAL OF MANAGEMENT SCIENCE AND TECHNOLOGY

An Internationally Indexed Peer Reviewed & Refereed Journal



Impact Factor* : 3.2832

Ref:IRJMST/2016/A104304

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

ISSN – 2250 – 1959 (0) 2348 – 9367 (P)

THIS CERTIFIES THAT

E.S NARENDER

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

**A CATALOGUE OF STRENGTH TRAINING EXERCISES USING FREE WEIGHTS AND ASCERTAIN
THEIR IMPACT ON DEVELOPMENT OF PERFORMANCE IN PUTTING THE SHOT**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 7 , Issue – 5 May , 2016



Editor in Chief



www.IRJMSST.com



Computer Science Directory



INTERNATIONAL RESEARCH JOURNAL OF MANAGEMENT SCIENCE AND TECHNOLOGY

An Internationally Indexed Peer Reviewed & Refereed Journal



Impact Factor* : 3.2832

Ref:IRJMST/2016/A104304

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

ISSN – 2250 – 1959 (0) 2348 – 9367 (P)

THIS CERTIFIES THAT

ASHISH KUMAR & ALOK SHARMA

HAS/HAVE WRITTEN AN ARTICLE / RESEARCH PAPER ON

**A CATALOGUE OF STRENGTH TRAINING EXERCISES USING FREE WEIGHTS AND ASCERTAIN
THEIR IMPACT ON DEVELOPMENT OF PERFORMANCE IN PUTTING THE SHOT**

APPROVED BY THE REVIEW COMMITTEE, AND IS THEREFORE PUBLISHED IN

Vol – 7 , Issue – 5 May , 2016



Editor in Chief



www.IRJMST.com



Computer Science Directory

