

## A STUDY ON BODY PHYSIQUE AND FLEXIBILITY STATUS OF BENGALEE MALE ADOLESCENTS UNDERGOING TRAINING IN CRICKET

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*Cricket is one of the popular team games. A study has been carried out on 33 randomly selected Bengalee male adolescents, of age range 15-18 years, being trained in cricket for at least 6 years and practising about a period of two hours daily for at least six days a week to study the body physique and flexibility status. It was found that the individuals receiving training in cricket had significantly better body physique, assessed in terms of different adiposity indices and flexibility, compared to their age and sex matched counterparts constituting the control group.*

**Keywords :** *Body adiposity, arthropometrics, central obesity, fitness, motor ability, obesity markers,*

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