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**EFFECT OF PELVIC FLOOR MUSCLES AND DIAPHRAGM ACTIVATION
EXERCISES ON VERTICAL JUMP PERFORMANCE IN JUMPING SPORTS: AN
EXPERIMENTAL STUDY**

Published in Volume 10 Issue 4, April-2025

*Co-Authors - DR MANISH ARORA, PRAHLAD
PRIYADRSHI, SHRINATH VYAS, GURVINDER
SINGH*

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