

LISTS OF TABLES

TABLES.....	PAGE
Table 2.1 Intensity scale based on system of energy..	7
Table 2.2 Contribution of anaerobic and aerobic processes	7
Table 2.3 Exercise intensity based on maximum capacity	7
Table 2.4 Haemoglobin values by age.....	12
Table 2.5 Dietary Reference Intake...	15
Table 3.1 Population...	19
Table 3.2 Sample.....	21
Table 4.1 Hemoglobin level in the first treatment....	26
Table 4.2 Average hemoglobin of control and AFM group	27
Table 4.3 The hemoglobin level in the second treatment..	27
Table 4.4 Average HB of AFM and Control Gouop.....	28
Table 4.5 The significance result on the first treatment.....	28
Table 4.6 The significance result on the second treatment..	29