**Title of the manuscript**

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**Abstract**

* The abstract must be a precise and reflection of what is in your article.
* Do not use abbreviations, references, formulas, figures (Graphs), tables and footnotes in abstract.
* The abstract must be between 150-250 words.

**Keywords:** Provide 4-6 keywords suitable for your article.

**1. Introduction**

Introduction should represent past, present and future vision of the proposed research. Describe abbreviation and acronyms for the first time they included in the text (Tharaka Punchibandara et al., 2021). Authors are requested to include recent references emphasizing the background of the work (Vignesh, 2019; Babu et al., 2015). Additional sub headings such as separate aim, objective, etc,., are bnot permitted.

**2. Methods**

2.1, Participants, Measures, Procedures, Analysis, Instruments and Software (Use numbering for each sub headings)

**3. Results and Discussion**

* Include Figures, Tables, and equations and numbers in the text wherever necessary and provide proper explanations.
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#### 4. Conclusion

## Conclusion should summarize the key results, suggestions and applications of the paper and it should not resemble the abstract.

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**Acknowledgement**

**Funding Information:**

**Conflict of Interest**

**Author’s contribution (Not Compulsory)**

**References**

**Journals**

Tharaka Punchibandara, M.M, Wanninayake, W.M.C.B., Kumari, D.A.T. (2020). Status and Conspicuous consumption: Understanding consumers’ Psyche. Reference to luxury car brands. Asian Journal of Interdisciplinary Research, 4(1), 01-10. <https://doi.org/10.34256/ajir2111>

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Baltzopoulos, V., (2007) Isokinetic dynamometry, in C.J. Payton and R.M. Bartlett (eds), Biomechanical Evaluation of Movement in Sport and Exercise, Abingdon: Routledge.

**Proceedings or Abstracts**

Vera-Rivera1, J.L., Ortega-Parra A.J., and Ramírez-Ortiz, Y.A., (2019) Impact of technology on the evolution of sports training, Journal of Physics: Conference Series, Volume 1386, 5th International Meeting for Researchers in Materials and Plasma Technology (5th IMRMPT), San José de Cúcuta, Colombia. <https://doi.org/10.1088/1742-6596/1386/1/012144>

**Thesis (Make sure it is available online)**

Katharina Wirnitzer, (2009) Athletic performance capacity in mountainbike sports with extremely strenuous more days lasting endurance impact, Ph.D. Thesis, Faculty of Psychology and Sport Science, University of Innsbruck, Innrain 52, 6020 Innsbruck.

Link : <https://www.nurmi-study.com/wp-content/uploads/2017/01/thesis.pdf>

**Websites**

We do not encourage the authors to include website or webpage as a reference