

Cover letter

June 19th 2017

To.

Editor in Chief

International Journal of Integrated Health and Science

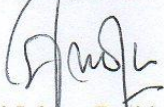
Dear Sir,

Please find the submission of our manuscript, Effects of Core Strength Training Using Stable Versus Unstable Surfaces on Strength, Flexibility, Speed, Coordination and Balance in Boys and Girls on 8th grade student in 27th Public Middle School Bandung, which we would like to submit for publication in the International Journal of Integrated Health Science. Herewith, we also attached 3 sets of manuscript (*hard copy*) and 1 CD (*soft copy*).

In this manuscript, CSTU (core strength training performed on unstable) and CSTS (core strength training performed on stable) increases in all components of physical fitness in youths. CSTU can improve of physical fitness better than CSTS. There are differences of physical fitness between gender in both groups except for stand-and-reach test.

Author and all co-authors have seen and agreed with the contents of the manuscript and there is no financial interest to report. We certify that the manuscript submitted is an original work and is not under review at any other publication. We thank you for considering our manuscript for publication in the International Journal of Integrated Health Science and look forward to hearing from you at your earliest convenience.

Sincerely yours,



(Sitti Juhana Dwidarti)