



SDI Review Form 1.6

Journal Name:	<u>British Journal of Medicine and Medical Research</u>
Manuscript Number:	2015_BJMMR_17374
Title of the Manuscript:	The Effects of a Delay Following Warm-up on the Heart Rate Response to Sudden Strenuous Exercise
Type of the Article	Original Research Article

General guideline for Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound.

To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

(<http://www.sciencedomain.org/page.php?id=sdi-general-editorial-policy#Peer-Review-Guideline>)



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PART 1: Review Comments

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
<u>Compulsory</u> REVISION comments	<ul style="list-style-type: none"> - The small sample size is a great limitation of this study and reduces the reproducibility of the results. - No multivariate regression model can be performed. 	<p>We agree that the small sample size of the study is a limitation. We have addressed this in the conclusions of the manuscript.</p> <p>We are unclear on this comment on multivariate regression model as we did not apply any modelling to the data in this study.</p>
<u>Minor</u> REVISION comments	<ul style="list-style-type: none"> - Inclusion and exclusion criteria should be provided. - Cardiovascular risk factors of the patients should be eventually specified as well as pharmacological anamnesis. - Were the patients trained at physical activity? This should be discussed. 	<p>Inclusion and exclusion criteria has been added to the subjects section of the methods.</p> <p>No participants were on any medications, nor had they previously been on any medication for a chronic cardiovascular, pulmonary, or metabolic condition.</p> <p>Participants were moderately fit university students (not elite trained runners, but recreationally fit in various sports). This has been added.</p>
<u>Optional/General</u> comments		