



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	<p>Firstly group size is small to reach a reliable conclusion, secondly this study did not give any result.</p> <p>Nobody had any ECG changes, so how could authors say that warm-up and/or delay after warm-up is beneficial for protecting heart against oxygen demand-supply mismatch.</p> <p>This paper only says that warm-up group had higher heart rates than delay after warm-up group who had higher HR than nonwarm-up group. This data does not give us any knowledge about oxygen supply of heart. Actually exercise time was short (15 second). If exercise time was prolonged, perhaps nonwarm-up group would reach heart rates same as warm-up group. In a short period, heart rate could rise to a certain extent. Similarly delay after warm-up group had higher initial heart rates than nonwarm-up group, not surprisingly, so their heart rates remained higher along the short exercise period of 15 seconds. Results does not meet the aims of the study, organization of the study was week, results does not have any scientific value.</p>	<p>As requested by another reviewer, we have added the sample size limitation to our conclusion.</p> <p>Despite the lack of ECG findings, the significant difference in HR response to SSE is indicative of an inadequate cardiac response when there is a delay following warm-up. In our discussion we have stated: "It is difficult to determine if this study truly represents a negative finding" and we do not therefore feel we are making a claim that is specific to the ECG findings.</p> <p>It is true that in prolonged exercise the no warm-up condition may have reached the same heart rate as the warm-up condition (depending on the length of the exercise). However, it is in the initial few seconds of exercise that the mismatch of oxygen demand to supply is of interest.</p> <p>We respectfully disagree that the results do not meet the aims of the study or that the results have no scientific value.</p>
<u>Minor</u> REVISION comments		
<u>Optional/General</u> comments		