



**SDI Review Form 1.6**

Journal Name:	<a href="#">British Journal of Medicine and Medical Research</a>
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**

	<b>Reviewer's comment</b>	<b>Author's comment</b> <i>(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)</i>
<b><u>Compulsory</u></b> REVISION comments	<b>This study aims to explore the effects of a delay following warm-up sessions (athletic practice) on the heart rate response to sudden strenuous exercise. It was well performed and is well written; except that it ignores the fact that most humans are not young athletes and that basal heart rate variations may be due to genomics, life style and terror threats. These issues should be discussed and cited.</b>	We have added the statement: "The effects of a delay following warm-up on the HR response to SSE in young, relatively fit males, are unknown." to the introduction section (line 66) to clarify that this is not generalized to all humans.  We have also added to the conclusion: "In addition, these results are limited in external generalizability outside of the subject pool of young, trained males."
<b><u>Minor</u></b> REVISION comments		
<b><u>Optional/General</u></b> comments		