



**SDI FINAL EVALUATION FORM 1.1**

**PART 1:**

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 Article:	Original Research Article

**PART 2:**

FINAL EVALUATOR'S comments on revised paper (if any)	Authors' response to final evaluator's comments
<p>I agree with the alterations that the authors have done. The manuscript was improved.</p> <p>I suggest the inclusion of recent references (at least two). The most recent reference (the last 5 years) cited in this manuscript was published on 2011 (only one).</p>	<p>We have attempted to address the concern with recent references. There is limited recent work on the heart rate response to such a short exercise bout of high-intensity exercise, but we believe the added 3 references related to the heart rate response to onset of exercise strengthen the paper.</p>