Reviewer's report

Title: High-intensity compared to moderate-intensity training for exercise initiation, enjoyment, adherence, and intentions: an intervention study

Version: 2 Date: 19 April 2014

Reviewer: M. Renee Umstattd Meyer

Reviewer's report:

The authors addressed my concerns and suggestions adequately, there are not further major, minor or discretionary revision suggestions.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

I declare that I have no competing interests.