Reviewer's report

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

Version: 5 Date: 16 May 2014

Reviewer: Walker Poston

Reviewer's report:

Major Compulsory Revisions: None

Minor Essential Revisions: This manuscript is greatly improved by the reanalysis using the factorial model. However, the authors still report the within group changes over time, which is unnecessary now since the group X time interaction addresses this finding. Thus, they should remove the within subjects t-test results from the manuscript.

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: Yes, and I have assessed the statistics in my report.

Declaration of competing interests:

I declare that I have no competing interests.