Reviewer's report

**Title:** Extremely short duration high intensity training substantially improves insulin action in young healthy males

**Version:** 2  **Date:** 9 December 2008

**Reviewer:** LABROS S SIDOSSIS

**Reviewer's report:**

**Overall comments:**
The authors have addressed my comments satisfactorily.

There are only 2 minor corrections:
Page 13, line 3: This should read "improved glucose."
Page 15, line 2: This should read "only ~250 kcal work per week."