Reviewer's report

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

Version: 2 Date: 2 December 2008

Reviewer: Athanasios Jamurtas

Reviewer's report:

The authors have Satisfactorily addressed all of my proposed changes.

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