Reviewer’s report

Title: Strength training: kinetic and kinematic differences between Deadlifts and Goodmornings - a biomechanical study of the knee, hip, and back

Version: 1 Date: 8 October 2013

Reviewer: Kimi Sato

Reviewer’s report:

General comments
The purpose of the study was to identify the biomechanical difference between deadlift and goodmorning, specifically analyzing the trunk, hip and knee. Overall this paper is very well-written and covers great contents. Only minor edits are needed.

Specific comments.
Title: Minor Essential Revisions
1) Authors should erase “- a biomechanical study of the knee, hip, and back” since they used the term “kinetic and kinematic” in the first part of the title.

Introduction: Minor Essential Revisions
2) Line 41-43 & 51: The two sentences are contradictory. First one says about lack of a complete biomechanical understanding of loading conditions, but later (line 51) says biomechanics of lift have been studied extensively. Authors need to rephrase to be consistent.

3) Line 70: “…but an athlete should ensure good lifting technique when approaching near maximal effort to avoid injury”. Authors should restate this since good lifting technique is essential no matter what effort level you are lifting. Plus this sounds like authors are talking about acute injuries whereas some injuries in the back and knee comes from accumulation of stress from poor technique and progress too early.

Methods: Minor Essential Revisions
4) Line 143: Authors stated “eight valid” executions from each lifter. It is somewhat subjective. From the reliability standpoint, authors should report ICC and each variable over the eight repetitions. That way authors can confirm the lifting technique consistency.

Results & Discussion: Minor Essential Revisions
5) Line 159-160 & 176-177: Are there sentences talking about the exact same thing? If so, just keep one.
6) Line 164: “In so doing…”, should be “In doing so…”
7) Line 170: “the studies of Cholewski, McGill [12]…”, should be “Cholewski,
McGill, and Norman [12]"

References: Minor Essential Revisions
8) I noticed that reference formats are not consistent for abbreviation of journal articles. Please follow the guideline.

**Level of interest:** An article of outstanding merit and interest 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 by Kimi Sato,