Reviewer’s report

Title: What are the most effective interventions to improve physical performance in pre-frail and frail adults? A systematic review of randomised control trials.

Version: 1 Date: 08 Jun 2019

Reviewer: Dominique Van de Velde

Reviewer's report:

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Are the methods appropriate and well described? 
If not, please specify what is required in your comments to the authors.

Yes

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Are the conclusions drawn adequately supported by the data shown? 
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