Reviewer’s report

Title: Web-based exercise versus supervised exercise for decreasing visceral adipose tissue in older adults with central obesity: a randomized controlled trial

Version: 0 Date: 17 Dec 2019

Reviewer: JY Jeon

Reviewer's report:

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The current study investigated the effectiveness of web-based exercise (WE) for decreasing visceral adipose tissue (VAT) in centrally obese older adults and compared its effects to supervised exercise (SE). Furthermore, authors also studied the feasibility of WE. Since the importance and convenience of WE is rising, the finding of the current study is important and the result of the study is very useful. The study found no significant effect of WE on VAT, and lean body mass (LBM) while it significantly reduced fat mass (FM), Body fat percent (BFP), yet SE reduced FM significantly more than WE. Based on these results, authors concluded that SE was more effective in the short term, yet, WE may also serve as an alternative exercise strategy. The manuscript is well-written and clear.

I have only minor comment:
As author mentioned, some of the results in the current study published previously (JAGS 67:1625-1631), however, participants characteristics differ slightly among intervention group (N=38) in the previous study and SE (n=38) in age, PA levels etc. Please double check data.
Authors described the design of the study in both text and figure, however, it was still very difficult to understand the design of the study.

Based on my understanding, control group in JAGS 67:1625-1631 later introduced to WE. Were there any seasonal difference between two intervention. Usually, PA decrease during winter season and this may influence the finding of the study.
Furthermore, when participants are randomized. Participants who immediately randomized to exercise were more highly motivated compared to participants who were delayed in the intervention. Please discuss this issue if appropriate.

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

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes
Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes

Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I recommend additional statistical review

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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