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: 06 Mar 2020

Reviewer: Joseph Marino

Reviewer's report:

The purpose of this manuscript was to compare the effects of supervised exercise vs. web-based exercise in the reduction of VAT. The study demonstrated that only the SE group was effective for reductions in VAT, although the WE did reduce fat mass. Only the SE increased LBM. The premise of this work was to evaluate whether un-supervised exercise that is able to reach a greater percentage of the population, would be effective in an older population. Although the SE was found more effective, there were benefits to the WE and perhaps a longer duration would result in reductions in VAT. The authors did an adequate job identifying the limitations of the study. The manuscript was well written and the analysis seems appropriate. There are important data missing from the manuscript that may add to the discussion of whether there is value in WE for this population, despite no change in VAT. Also, the authors should more clearly explain whether the sample was split into 2 groups or if it was the same group used following a washout period. The text implies same group and washout, but he figure show two separate groups.

To increase the impact of this manuscript, it is recommended that the following data be included in a revised manuscript. The inclusion of this data will help determine a more holistic benefit of a WE program.

- Change in Lipid levels following interventions
- Change in fasting glucose levels following interventions
- Changes in SBP and DBP
- Food logs to determine whether either exercise program changed eating habits

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 am able to assess the statistics

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

Acceptable

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