Reviewer’s report

Title: Whole body vibration exercise improves functional parameters of individuals with metabolic syndrome: an exploratory study.

Version: 0 Date: 17 Aug 2018

Reviewer: Reviewer 2

Reviewer’s report:

PEER REVIEWER COMMENTS: To view the full report from the academic peer reviewer, please see the attached file.

REVIEWER COMMENTS FROM REPORT: The study design is not able to answer the aim of the study because of lacking a control group.

The authors have described the intervention relatively well.

There is an inability to control a major confounder (physical activity performed outside of the exercise program) and insufficient study design (no control group).

REQUESTED REVISIONS:

1. The authors need to add a control group to compare with the whole body vibration exercise group.

2. Outside physical activity data need to be collected so that this confounder can be controlled during the analysis. Primary outcomes - functionality need to be measured the same way before and after the exercise to reduce the measurement error.

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

No

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

No

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.

Not relevant to this manuscript

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

Acceptable

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