Reviewer’s report

Title: Effects of Aerobic and Resistance Exercises on Circulating Apelin-12 and Apelin-36 Concentrations in Obese Middle-Aged Women: A Randomized Controlled Trial

Version: 0 Date: 17 Nov 2018

Reviewer: Mashael Alshaikh

Reviewer's report:

1. why the sample were selected to be 8-8-8? Does it correspond to something as as a sample size calculation?

2. why the study period was conducted for 8 weeks? (why previous study was 6 months?)

3. Patient sample free or not of chronic conditions? (Any exclusion criteria?)

4. What was the dietary requirements prior to blood samples collection? (Did the study subjects had to regulate certain food groups?)

5. social demographic characteristics of the study samples (Married? Occupation? Income?)

6. how was the randomisation process conducted?

7. How was the sample recruited? ( Same city/area/part of the country?)

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.

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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