Reviewer's report

Title: 20 weeks of isometric handgrip home training to lower blood pressure in hypertensive older adults: a study protocol for a randomized controlled trial

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Reviewer: Zhaoxiang Bian

Reviewer's report:

This is a very interesting protocol. One of the concern is how to make participants follow the protocol strictly? As expressed in the protocol, the participants will be asked to refrain from vigorous exercise and alcohol for 24 hours prior to measurements. In addition, they will have to fast and refrain from caffeine for four hours prior to measurements. Further, they will be asked to refrain from smoking and intake of anti-hypertensive medicine up to 30 min prior to any measurements. Noise and room temperature (20-23 degrees) will be controlled. Finally, participants will be asked to empty their bladder if possible before tests. How to make sure they will follow? Please clarify.

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