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

Version: 0 Date: 21 Oct 2017

Reviewer: Zehuai Wen

Reviewer's report:

This is a well-designed trial, and the study protocol is complying with most of the SPIRIT checklist. Few minor issues are proposed as follows.

1. In order to reduce a selection bias in your small-scale trial, the block size of randomization is suggested to keep secretive until the trial closes.

2. The sentence "Prior to the randomization process participants will undergo demographic and physiological baseline assessments by an experienced assessor blinded to allocation of participants" needs to be considered because nobody knows the allocation of participants before randomization.

3. According to the SPIRIT 2013 statement, graphical representation of the schedule of enrollment, interventions are also proposed being displayed in Table 1.

Level of interest

Please indicate how interesting you found the manuscript:

An article whose findings are important to those with closely related research interests

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**Statistical review**

Is it essential that this manuscript is seen by an expert statistician? If so, please give your reasons in your report.

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