Reviewer's report

Title: Towards Evidence Based Strength Training: A Comparison of Muscle Forces during Deadlifts, Goodmornings and Split Squats

Version: 0 Date: 24 Mar 2017

Reviewer: Giuseppe Musumeci

Reviewer's report:

I read this manuscript entitled "Towards Evidence Based Strength Training: A Comparison of Muscle Forces during Deadlifts, Goodmornings and Split Squats" that deals an important issue of medical biology in rehabilitation and kinesiology of lower extremity muscles. In this study, the authors aimed to examine the lower limb muscles forces during the strength exercises deadlifts, goodmornings and splits squats by means of musculoskeletal simulation.

The presented paper is interesting in this field. The methods are clear and detailed and the results are interesting. Overall, the work is good and well written and concisely expressed. Moreover, there are some minor concerns that need to be addressed before recommending publication.

To improve and strengthen the presented topic in the text, please quote these recent and interesting papers:


Please replace the references number 27 and 45 under review with published articles.

Conclusion: please strengthen and improve the conclusion section, adding the clinical relevance of your work, some important suggestions for the scientific community and your point of view.
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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