Jodie Louise Wilkie, Ph.DAssociate Editor - Training, injury prevention, and biomechanicsBMC Sports Science, Medicine and RehabilitationE-mail: bmcsportsscimedrehabil@biomedcentral.com

Dear Dr. Jodie Louise,
Thank you very much for the opportunity to improve the present manuscript (SSMR-D-16-00062R1). The last adjustments are addressed in the enclosed response to your suggestions. All changes have been made and are highlighted in the revised manuscript. We have responded point-by-point to general points raised by reviewers as well as their major and minor comments. We appreciate your careful attention and believe this revised manuscript is substantially improved due to offered suggestions. Thank you very much for your attention. Yours sincerely,
Silvio Assis Oliveira Junior, Ph.D

Reviewer reports:

1) Title – page 1, line 7
Response: Thank you very much for your careful suggestion of change. We appreciated it and included a new title as requested.

2) Abstract – pages 2 and 3
Response: All pointed adjustments in red have been made. The terms G1, G2, and G3 were replaced by Adolescent, Adult, and Master, respectively.

3) Background – page 5, line 2
Response: The sentence has been corrected, as suggested. Thank you.

4) Methods – page 6, line 3
Response: The sentence has been corrected, as suggested. Thank you.

Page 6, lines 43 – 56
Response: All pointed adjustments in red have been made. The terms G1, G2, and G3 were replaced by Adolescent, Adult, and Master, respectively.

Page 7, lines 31 – 56
Response: All pointed adjustments in red have been made. Thank you.

Page 8 (lines 2, 28 – 33) and Page 9 (lines 1, 12-22, 36, 56)
Response: All pointed adjustments in red have been made. The Figures 1 and 2 have been sent with reformulated text.

5) Results, Discussion, and Conclusion
Response: All pointed adjustments in red have been made on text and tables. The terms G1, G2, and G3 were replaced by Adolescent, Adult, and Master, respectively. Thank you.