Reviewer’s report

Title: Kettlebell Training in Clinical Practice: A Scoping Review

Version: 1 Date: 18 Jun 2019

Reviewer: Luke Del Vecchio

Reviewer's report:

General Comment:

This paper extends on previous research by including a scoping review on the effects of kettlebell training. It is a topic of great interest, which may better inform clinical practitioners on the utility and effectiveness of kettlebell training. There are a few minor recommendations I have, to help improve the quality of this article.

Introduction:

Page 4, line 24 I note the absence of the Greenwald et al. (2016) study, when citing examples of the clinical applications of kettlebell training?

Results:

Page 9, line 35. The reference the authors make to the TGU and associated muscle activity was not evaluated in the Caravan et al. (2018) study (reference #63)? Can the authors please check if this reference is correct?

Page 12 lines 40-57. Could the authors explain why they have not included the Greenwald et al. (2016) study which investigated the acute effects of kettlebell exercise on glucose tolerance?

Page 15, line 42. Please check this is the correct referencing format - (Jay) should this be reference number (98)?

Page 17, line 12. Please spell out the number 1 (one).

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.

Not relevant to this manuscript

Quality of written English
Please indicate the quality of language in the manuscript:

Acceptable

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