Author’s response to reviews

Title: Neuromuscular shoulder activity during exercises with different combinations of stable and unstable weight mass

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First we would like to thank the Editor for the comments, voted to improve the Manuscript.

Listed above are the requested corrections done on the Manuscript:

1- A second eMail adress was provided in the "editorial manager" in the section "upadte my information". The adress "baritello@uni-potsdam.de" is now given as second email adress.

2- Author's contribution for all involved researchers are now added to the end of the Manuscript and in the extra "Declaration" section.

3- Additional information about Participant's inclusion after signature of the Inform Consent Form are provided in the in the Main Text and in the "Declaration" dedicated section as required.

4- Title and Legends descriptions were added to the end of the Manuscript after References. Only a reference for each figure (**insert Fig. -number- here**) is now in the main text. Title and Legends of Appendix Figures were provided in a separate uploaded File. Tables Title and legends are embedded in the Main text.

5- The Part I of the used questionnaire was uploaded as supplementary material. This part was self developed for study purpose. The second Part adressing shoulder mobility-strength-injuries
history is a validated questionnaire. The reference for such questionnaire are reported in the main text.

Thank you for your support.

Best regards

Omar Baritello