Reviewer’s report

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

Version: 0 Date: 19 Aug 2019

Reviewer: Jim Richards

Reviewer's report:

Throughout the paper more information is needed regarding your definitions of muscle activity and neuromuscular activity. e.g. How is "(mean EMG-amplitudes)" different from "greater muscle activation".

Also more justification is needed to support the conclusion that "Application of an unstable weight mass may be beneficial to improve training effects in shoulder prevention and rehabilitation programs."

More needed in relation to the analysis of concentric and eccentric muscle activation in abstract which might help explanation of neuromuscular activity?

More information needed to justify the inclusion of these exercises.

Why did you use t-tests as opposed to a 2x2 repeated measures ANOVA with Bonferroni post hoc pairwise comparisons? Strongly suggest you reanalyse the data as there may be interactions you are missing.

What was the purpose of the correlation coefficient as this is not discussed at all, is this relevant, is so discuss, if not remove.

Why did you not look at differences between concentric and eccentric? Although I do like the use of ratios.

You state "Differences between the CR ratio values were not significant (p&gt;0.008)" how can a p-value like this not e significant. Please review all your results carefully.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

No

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

No
Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

No

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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None

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