Reviewer’s report

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

Version: 1 Date: 12 Nov 2019

Reviewer: Chi Ching Gary Chow

Reviewer's report:

The topic of this manuscript is valuable to discuss. The finding of this study may provide additional knowledge to researchers and practitioners.

When reviewing this article, I found some information that is expected to be clarified.

1. There are some errors found related to the format of the article, such as:

   - The use of p-value, please standardize the "p" in italic.
   - typo in page 12, line 260 "...for t shoulder", should the "t" be "the"?
   - typo in page 12, line 264, "value then PWG", should the "then" be "than"?
   - typo in page 25, line 515, "founding", should it be "funding"?
   - reference list, page 30 to 36. No standardized format. Did not follow the guideline.

2. There are too many abbreviations. Please use the full name in the main article.

3. Please report the demographic information collected (page 7, line 154 - 160).

4. Pearson's correlation coefficient (r) showed significant correlation between conditions in the muscles, is 2 x 2 repeated measure ANOVA with Bonferroni adjustment better than paired t-tests to indicate the possible interaction effect between the two factors on the dependent variable?

5. In the results, table 3 - 5, only the p-value had been reported. It is important to report the amplitudes of the muscular activity of the muscles in each conditions. The magnitudes of the difference (i.e. effect size or percentage of difference) are important to be reported for readers to understand the full picture of the experiment.

6. Please explain or provide supportive reference how the analysis of Pearson's correlation represented the validity of the measurement protocol.

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.

Unable to assess

**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:

Needs some language corrections before being published

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