Reviewer’s report

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

Version: 2 Date: 23 Jan 2020

Reviewer: Thomas Muehlbauer

Reviewer's report:

The authors have made significant improvements to the manuscript and most comments have been satisfactorily addressed. Only two comments remain:

-The authors provided further information on section "2.4 Exercise tool & conditions" in the response letter only. In my opinion it would be wise to add the additional information about the pipes that you gave in the responses of the review also in the article. This will surely lead to clarification of the weight distribution.

-Further, the references (Behm DG & Anderson KG 2006; Behm DG & Anderson KG 2004) cited in response to my comment no. 18 ("Based on your results: Would you rather recommend a higher training weight and a stochastic mass or a stochastic mass (with a certain weight) only?") are not suitable, because they addressed different aspect. Thus, provide sufficient citations.

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.

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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