Reviewer’s report

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

Version: 2 Date: 17 Jan 2020

Reviewer: Scott Heinlein

Reviewer's report:

Annotated file attached.

Comments are in GREEN highlights.

Please make necessary changes and explanations before proceeding to publication.

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 recommend additional statistical review

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

Needs some language corrections before being published

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