Reviewer’s report

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

Version: 3 Date: 08 Feb 2020

Reviewer: Scott Heinlein

Reviewer's report:

Thank you for making the needed changes in the text.

Also, thank you for adjusting scales on the two types of graphs. It does make them much more easily compared.

I’m still amazed that lever/moment arm length made no difference in EMG activity for these movements, but if it a measurable difference wasn’t observed, then so be it.

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?
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I recommend additional statistical review

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

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