**Author’s response to reviews**

**Title:** Periodized resistance training for persistent non-specific low back pain: A mixed methods feasibility study

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**Author’s response to reviews:**

1) Comment on the CONSORT guidelines: This is a feasibility study and not a randomized controlled trial, thus the CONSORT guidelines are not applicable in this intervention

2) Names used in quotes: The names used in the qualitative section of the results are only made up names and not the participants real names. This is a common approach in qualitative research and is described by Malterud et al- 2011 and 2012 https://www.ncbi.nlm.nih.gov/pubmed/?term=systematic+text+condensation

Information lacking in the manuscript is added according to the decision letter.

Best regards Svein