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You can find out more at:
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Peer Review Report for "Hematologic Disorders of COVID-19 and Appropriate Intensity of Exercise during Coronavirus Prevalence Period"

Author(s): Sara Zare Karizak, Majid Kashef

Review Timeline:

Submit Date: 24 Jan 2021
Revised Date: 18 May 2021
Accepted Date: 28 May 2021

Revision (0)

Here, you can see the **Reviewers**, **Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

REFEREE: Reviewer | **Revision** (0) 27 Mar 2021

Dear AE,
Thank you for your invitation to review the letter entitled "Hematologic Disorders of Covid-19 and High-Intensity Exercise"
The topic of this letter has no message for readers and does not make sense! It seems some changes are needed to show the idea that the authors want to discuss.
- In general, this letter has two parts, the first is about the hematologic manifestations of COVID-19, and the second is about conditions that high-intensity exercise that can worsen the immuno-hematologic disorders. While the first part is presented in detail, the structure of providing the information is not well-organized. Furthermore, most of the claims have remained without references.
- Besides, the message of the letter is not clear. The authors have aimed to discuss the risk of high-intensity exercise during the COVID-19 pandemic, but this message is not clear. Mentioning the benefits of moderate-intensity exercises might be part of the solution and is superfluous.
- Finally, the recommendations of the authors are: "to avoid high-intensity exercise during the coronavirus prevalence period and consider enough time for recovery after intense exercise". How we can limit high-intensity exercise in all occupations with strenuous physical activity? Or if is just recommended for athletes, the message will be that all

professional activities must be suspended until the disease is uncontrolled. The second part of the recommendation is vague too and it is not specified that how and what time should be considered to be sure recovery happened.
Thanks.

REFEREE: Associate Editor | **Revision (**0**)** 30 Apr 2021

Dear EIC,
The manuscript is studied, and there are some comments which should be addressed by the author. According to the comments, the document needs major revision.
Kind regards,

REFEREE: EIC | **Revision (**0**)** 30 Apr 2021

Dear Authors,
Thank you for submitting your manuscript to Asian J Sports Med. Your manuscript has now been reviewed by a reviewer and an Associate Editor. I now have the reports of the Referees, which suggest that your manuscript might be suitable for publication following a number of revisions. I attach some reviewer comments and invite you to submit a revised version of your manuscript addressing the points made.
Thanks.

OPEN PEER REVIEW

Revision (1)

Reply to Reviewers

Ideally, the reviewing process can significantly improve the submitted manuscripts by allowing the authors to take into account the advice of reviewers. Author(s) must reply to all reviewers' comments in a separate Word file, point by point. A "**Reply to Reviewers**" document is submitted along with revised manuscript during submission of revised files, summarizing the changes that the authors made in response to the reviewers' comments. The responses to reviewers' comments specifies how the authors addressed each comment the reviewers made.

You can read the authors' responses to the reviewers' comments in the next page.

Hi dear reviewer, I appreciate your valuable comments

Reviewer comment 1: The topic of this letter has no message for readers and does not make sense! It seems some changes are needed to show the idea that the authors want to discuss

Reply to comment 1: I changed the title, because I think the Similarity of hematologic disorders between covid19 and high-intensity exercise is the main issue in this letter that provide grounds for recommendation of appropriate intensity of exercise during coronavirus prevalence period. So New title is:

(**Hematologic Disorders of Covid-19 and Appropriate Intensity of Exercise during Coronavirus Prevalence Period)**

Reviewer comment 2: In general, this letter has two parts, the first is about the hematologic manifestations of COVID-19, and the second about conditions that high-intensity exercise can worsen the immuno-hematologic disorders. While the first part is presented in detail, the structure of providing the information is not well-organized

Reply to comment 2: In this letter, i tried to present disorders of all blood components in covid-19 patients and then the similarity of them with disorders during high-intensity exercise.In addition, I have mentioned benefits of moderate-intensity exercise for blood components. So I recommended the reduction of exercise intensity and consideration of enough time to recovery after high-intensity exercise to prevent hematologic disorders in the coronavirus prevalence period

Reviewer comment 3: most of the claims have remained without references.

Reply to comment 3: The references were added to the end of sentences without references and highlighted. However, A maximum **10 references** are allowed for letter in instruction. But because this manuscript is a short review, I couldn't decrease references. because most of the gathered information refer to other articles not personal idea.

Reviewer comment 4: the message of the letter is not clear. The authors have aimed to discuss the risk of high-intensity exercise during the COVID-19 pandemic, but this message is not clear. Mentioning the benefits of moderate-intensity exercises might be part of the solution and is superfluous.

Reply to comment 4: The message of the letter was explained clearly in end paragraph and was highlighted

Reviewer comment 5: Finally, the recommendations of the authors are: "to avoid high-intensity exercise during the coronavirus prevalence period and consider enough time for recovery after intense exercise". How we can limit high-intensity exercise in all occupations with strenuous physical activity? Or if is just recommended for athletes, the message will be that all professional activities must be suspended until the disease is uncontrolled. The second part of the recommendation is vague too and it is not specified that how and what time should be considered to be sure recovery happened.

Reply to comment 5: Proper recommendation for the ordinary people was mentioned (doing low to moderate-intensity exercise). Proper recommendations for the professional athletes and proper time for recovery were also mentioned

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Revision (1)

Here, you can see the **Reviewers**, **Associate Editors** and **EICs'** comments from the beginning to the end of the revision process.

REFEREE: Associate Editor | **Revision** (1) 28 May 2021

Dear EIC,
The revisions have been deemed satisfactory in all requested parts. The final decision as to this paper's acceptability for publication will make by the chief editor.
Thanks.

REFEREE: EIC | **Revision** (1) 28 May 2021

Dear Authors,
The second round of peer review of your manuscript has been completed, and I am pleased to inform you that your manuscript has now been accepted for publication in our journal.
Thanks.