OPEN PEER REVIEW

Open Peer Review (OPR)

As a new feature for progressing towards transparency, we decided to open a new window for all of our editors as well as authors titled "**Open Peer Review**". We hope by this new facility, our reviewers will be more motivated and authors will be more satisfied with the review process. We believe that publishing our peer review reports could make a transparent and clear environment for all our efforts within a journal, but not all reviewers tend to publish their comments.

What is "Open Peer Review" process?

An "Open Peer Review" process is making the details of all review process (including reviewers, associate editors, and EICs comments) as "Public" as it is agreed by EIC, Authors, and reviewers.

Advantages of "Open Peer Review" process

- More transparency, constructiveness and tactful comments of the peer review process: leads to an increase in the quality of reviews
- More motivations for all involved roles in the review process
- Authors' satisfactions from the review process: Increases honesty between authors and reviewers
- Education of both authors and new students
- Prevents reviewers from following their individual agendas and leading to the detection of reviewers' conflicts of interests

You can find out more at:
https://brieflands.com/briefland/knowledgebase/category/tree.html#opr.html

Gene, Cell and Tissue
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Peer Review Report for "Comparison of the Effect of Eight Weeks of Water-Based Versus Land-Based Cycling on Serum Levels of Testosterone and IGF-1 in Elderly Men"

Author(s): Abolfazl Shafei, Mehrdad Fathi, Mohammad Mosaferi Ziaaldini

Review Timeline:

Submit Date:	27 Jul 2020
Revised Date:	17 Aug 2020
Accepted Date:	19 Aug 2020

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) 29 Jul 2020

Dear AE,
I have only a few concerns regarding the paper, please do check the grammatical mistakes, punctuation errors and verbs or pronouns if they add incorrectly before the submission of the paper. Overall the paper is well written and I recommend it for publication after minor revision.
Thanks

REFEREE: Reviewer | **Revision** (0) 29 Jul 2020

Dear AE,
In this study, the authors aimed to evaluate the effect of eight weeks of water-based versus land-based cycling on serum levels of testosterone and IGF-1 in elderly men and the results demonstrated the upregulation of Serum testosterone and serum IGF-1 levels in the water-based cycling group.
I have several concerns about this manuscript and some points should be revised or

commented on.

1. In the material and method, please add more details about exercises.
2. The sample size is too small.
3. There are extra spaces between words, unessential capital letters, and some spelling and grammar errors. English editing is highly recommended.
4. The caption of the table legend should be revised.

Thanks

REFEREE: Associate Editor | **Revision** (0) 3 Aug 2020

Dear EIC

The reviewer(s) have recommended publication, but also suggest some minor revisions to the manuscript. Therefore, I invite the author to respond to the reviewer(s)' comments and revise his manuscript.

Kind regards,

Zahra Heidari: EIC | **Revision** (0) 3 Aug 2020

Dear Author,

Based on the reviewers' and AE comments this manuscript is well written but needs minor revisions prior acceptance for publication in GCT.

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.

Dear Editor of the ***Journal of Gene, Cell and Tissue***

While acknowledging the venerable reviewer for the careful consideration and providing valuable points, the following is an explanation in response to the comments of the reviewer. Hope you will find out our answers satisfactory.

Reviewers' Comments:

Reviewer 1:

In this study, authors aimed to evaluate the effect of eight weeks of water- based versus land-based cycling on serum levels of testosterone and IGF-1 in elderly men and the results demonstrated the upregulation of Serum testosterone and serum IGF-1 levels in water- based cycling group.

I have several concerns about this manuscript and some points should be revised or commented on.

1. In the material and method, please add more details about exercises.

Due to word limitation of journal we had to summarize the method however based on your comments we added more details related to the exercise protocol.

2. The sample size is too small.

We are in agreed with you which more sample size could support better our findings however due to entrance criteria of our study (healthy elderly men) it was difficult for us to have more participants but we tried

to have acceptable sample based on previous related papers which work with elderly people such as:

1. ولی پور نو ده وحید، معتمدی رضا، بررسی اثر یک جلسه تمرین دایرهای بر سطوح BDNF و IGF-1 سرمی مردان وزنان سالمند، فصلنامه سالمند، شماره 51، زمستان 97

2. محمد فرامرزی, لاله باقری, لاله بنی طالبی، امین ریگی. تاثیر ترتیب متفاوت تمرین ترکیبی قدرتی و استقامتی بر سطوح استراحتی IL-15 و IGF-1زنان سالمند پژوهشنامه فیزیولوژیورزشیکاربردی 12 (24), 37-2016,48

3. Banitalebi E, Faramarzi M, Bagheri L, Kazemi AR. Comparison of performing 12 weeks' resistance training before, after and/or in between aerobic exercise on the hormonal status of aged women: a randomized controlled trial. Horm Mol Biol Clin Investig. 2018;35(3):/j/hmbci.2018.35.issue-3/hmbci-2018-0020/hmbci-2018-0020.xml. Published 2018 Sep 8. doi:10.1515/hmbci-2018-0020

4. Yoon SJ, Lee MJ, Lee HM, Lee JS. Effect of low-intensity resistance training with heat stress on the HSP72, anabolic hormones, muscle size, and strength in elderly women. Aging Clin Exp Res. 2017;29(5):977-984. doi:10.1007/s40520-016-0685-4

3. There are extra spaces between words, unessential capital

letters, and some spelling and grammar errors. English editing is highly recommended.

Thank you for your attention. The items were corrected.

4. The caption of tables legend should be revised.

They have changed. Hope be satisfactory

Reviewer 2:

I have only a few concerns regarding the paper, please do check the grammatical mistakes, punctuation error and verb or pronoun if they add incorrectly before the submission of the paper. Overall the paper is well written and I recommend it for the publication after minor revision.

Thank you for your attention. The context has been revised.

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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: Reviewer | **Revision** (1) 17 Aug 2020

Dear AE,
The study is reviewed carefully. According to comments and revisions by the author, this manuscript is accepted.
Thanks

REFEREE: Reviewer | **Revision** (1) 18 Aug 2020

Dear AE,
The respected author has made all the corrections. And the article can be accepted.
Thanks

Zahra Heidari: Associate Editor | **Revision** (1) 19 Aug 2020

Dear EIC,
Revisions were done well. Thus this manuscript can be accepted for publication in GCT.
Thanks

Zahra Heidari: EIC | **Revision** (1) 19 Aug 2020

Dear Author,
The document is reviewed carefully by the reviewers. According to their comments and your revisions as requested, this manuscript is accepted.
Thanks.