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OPEN PEER REVIEW

Interleukin-4, Interleukin-1beta, and Creatine Kinase Changes to the DeLorme and Oxford Resistance Training Techniques

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About this report

This open peer review (OPR) report shows the public comments made on this article during peer review, by the reviewers, the associate editor and the editor-in-chief, for every revision round, together with the authors' replies. Comments appear only with the consent of the people who wrote them. Reviewers who chose to sign their report are named; the others are shown as "Referee". Comments are edited for language only, and confidential remarks to the editors are not included.

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1 Original submission

2 comments · 27 Nov 2021 – 27 Nov 2021

Associate Editor

MINOR REVISION 27 Nov 2021

Minor Revision

Editor-in-Chief

MINOR REVISION 27 Nov 2021

Minor Revision

2

Revision 1

AUTHORS' RESPONSE TO REVIEWERS

Authors' reply to reviewers

The next pages contain the authors' point-by-point reply to the comments of this revision round, as submitted with the revised manuscript. It is published as the authors wrote it.

The authors did not provide a point-by-point response to the reviewers' comments in this round.

2 Revision 1

0 comments

No public comments in this round.

3

Revision 2

AUTHORS' RESPONSE TO REVIEWERS

Authors' reply to reviewers

The next pages contain the authors' point-by-point reply to the comments of this revision round, as submitted with the revised manuscript. It is published as the authors wrote it.

Dear editor,

Manuscript number:

Title: Interleukin-4, Interleukin-1beta, and Creatine Kinase changes to the DeLorme and Oxford resistance training techniques:

The manuscript was corrected as much as possible according to the comments of the reviewers. Thank you for your attention to the manuscript.

Hosian Abednazari / On behalf of the authors.

- Abstract is long to be short:
- It was done.
- The training period is not mentioned
- It was included in the abstract.
- Write the first letter of the big keywords
- It was correct in the abstract section keywords.
- State the duration of the exercise
- It was done for eight week. It was included in method section.
- Body mass index was corrected in the text.
- Reference for exercise training protocols was included in the text.
- Mention your kits carefully
- The kits characteristics were written in the methods section.
- Most of your results are not meaningful !! What was the need to do this?
- Body fat percentage and strength were affected by exercise training protocols, however, biochemical variable such as IL-1 beta and IL-4 were not. These means our resistance training protocol was efficient on systems physiological, while these cytokine have not such behavior than this protocol.
- The discussion section was corrected.
- Thank you very much.

3 Revision 2

0 comments

No public comments in this round.