



# Comparison of The Effect of a Period of TRX and Yoga Versus Traditional Exercises on Balance of Archers

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E d i t o r	R e v i e w e r s
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## 1. Round 1

### 1.1 Reviewer 1

Date: 01 September 2024

Reviewer:

The statement "Archery can be described as a steady sport that requires balance, fine motor control, appropriate endurance, and upper body strength" lacks citations. Consider including references to support this claim.

For each exercise group, provide more detailed descriptions of the training routines, including specific exercises and their frequencies. This would allow for better reproducibility of the study.

The descriptions of exercises should mention the number of sets and repetitions for each exercise (e.g., "Bench Press: 3 sets of 12 repetitions").

Include details about the intensity and progression of the exercises. How were the resistance and difficulty adjusted throughout the training period?

It would be beneficial to specify the particular styles or schools of yoga practiced (e.g., Hatha, Vinyasa) and any modifications made for the participants.

The method of measuring static balance using a static balance analyzer needs more detail. Describe how the device works and how reliability and validity were assessed.

The table presenting mean and standard deviation of balance variables lacks units for the measurements. Ensure that all numerical data are accompanied by appropriate units.

Authors revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Date: 02 September 2024

Reviewer:

Clarify the statement "Archery involves a three-phase movement (standing, drawing the bowstring, and aiming)." It would be beneficial to explain each phase briefly to enhance reader understanding.

The sentence "Researchers have shown that hand stability does not linearly increase with physical activity" would benefit from including specific studies or references to strengthen this claim.

Specify the exact number of archers who participated in the study (e.g., "30 individuals were selected"). Additionally, include details about the sampling method used (e.g., random sampling).

The choice of statistical tests (e.g., Wilcoxon test, Kruskal-Wallis test) should be justified with reasons why these non-parametric tests were appropriate given the data distribution.

The paragraph discussing the statistical results (e.g., "The results of the Wilcoxon statistical test...") should be more concise. Consider summarizing the key findings in a table or figure.

The sentence "The findings of the present study are consistent with the results of studies by Ni et al. (2014)" needs more context. Briefly describe how these findings are consistent.

Clarify the role of "external factors such as wind and light" in affecting balance in archery. Explain how these factors interact with the physical training methods used in the study.

Authors revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.