



# The Effect of TRX Training on Liver Enzymes in Middle-Aged Obese Women

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## 1. Round 1

### 1.1 Reviewer 1

Date: 22 June 2024

Reviewer:

The phrase "Lifestyle changes and unhealthy dietary habits characterized by increased consumption of energy-dense fatty foods and reduced physical activity" could benefit from more specific examples or statistics to support the claim.

The statement "Obesity is recognized as a chronic well-established disease that affects individuals in all aspects of life" should include references to specific studies or data that demonstrate these widespread effects.

The description "Informed consent was obtained from all participants" should include a brief mention of what the informed consent covered, such as the risks and benefits of participation.

The exclusion criterion "Onset of illness or injury" should specify the types of illnesses or injuries that would disqualify a participant to avoid ambiguity.

The table should include a column for the statistical significance of the differences between pretest and posttest values within each group to help readers easily interpret the data.

The description "The TRX group showed a decrease in ALT levels from a pretest mean of 21.68 (SD = 1.68) to a posttest mean of 18.46 (SD = 2.35)" should include the p-value or confidence interval to indicate the significance of this change.

The phrase "Prior to conducting the ANCOVA several assumptions were assessed" should specify what those assumptions were to provide transparency in the analysis process.

The table caption should indicate that the results are from the ANCOVA analysis, controlling for pretest scores, to provide context for the data presented.

The statement "These findings align with previous research" should cite specific studies that have reported similar results to strengthen the discussion.

The phrase "Regular physical activity has been shown to reduce liver damage and the release of aminotransferases" should reference key studies to provide evidence for this claim.

Authors revised the manuscript and uploaded the updated document.

## 1.2 Reviewer 2

Date: 26 June 2024

Reviewer:

The sentence "Substantial evidence accumulated over the past two decades has demonstrated that obesity is a definitive risk factor for liver disease" needs specific references to key studies to strengthen this claim.

Clarify the term "convenience sampling method" by describing how participants were specifically chosen and any potential biases this method might introduce.

The term "one-repetition maximum (1RM) test" should be briefly explained for readers unfamiliar with this concept.

The procedure described as "10 ml of blood was drawn from an antecubital vein" should include the rationale for the volume of blood taken and the timing relative to the intervention.

The description "The Zeus model body composition device" should include the device's manufacturer and any validation studies that support its accuracy and reliability.

The sentence "Exercise also reduces liver inflammation by decreasing macrophage and lymphocyte infiltration" needs references to specific studies that have observed these effects.

The phrase "Some previous research has reported mixed and contradictory results" should cite specific studies that have found differing results to provide a balanced view of the literature.

Authors revised the manuscript and uploaded the updated document.

## 2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.