

The Effect of 8 Weeks of TRX and Pilates Training on Serum Afamin Levels in Overweight Young Women

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E d i t o r	R e v i e w e r s
Özgür Eken  Associate Professor, Inonu University, Malatya, Turkey ozgureken86@gmail.com	Reviewer 1: Yaghob Badriazarin  Associate Professor of Sport Sciences, Tabriz University, Tabriz, Iran. Email: badriazarin@tbzmed.ac.ir Reviewer 2: Masoud Mirmoezi  Department of Physical Education and Sport Sciences, Islamic Azad University, Central Tehran Branch, Tehran, Iran. Email: massoudmirmoezi@live.com

1. Round 1

1.1 Reviewer 1

Reviewer:

The description of exercise progression is commendable, but the manuscript should clearly define the specific TRX and Pilates movements used. Including a table or appendix with example exercises would enhance replicability.

The reported height for the control group appears to decrease from 162.00 cm (pre) to 160.55 cm (post), which is physiologically implausible. Please verify and correct this inconsistency.

The discussion mentions "the mechanisms underlying this relationship and the causal pathways require further investigation". Consider briefly hypothesizing potential pathways linking Pilates to afamin regulation, drawing from existing molecular or endocrine literature.

The explanation for why TRX had no significant effect on afamin levels is limited. Please discuss in more depth how TRX differs physiologically from Pilates in terms of metabolic impact or hormonal response.

The manuscript lacks graphical representations of the findings. Adding bar charts or line plots showing pre- and post-intervention changes across groups for key variables would enhance readability and impact.

Authors revised the manuscript and uploaded the updated document.

1.2 Reviewer 2

Reviewer:

The use of paired t-tests and Mixed ANOVA is appropriate, but the manuscript should specify the assumption checks conducted (e.g., Mauchly's test for sphericity) and adjustments made if violated.

The authors claim "a significant change in serum afamin levels was observed...", yet Table 3 indicates this was only significant in the Pilates group ($p = .019$). Please clarify this generalization.

While the authors mention controlling for various factors like diet and sleep, no specific methods (e.g., food diaries or actigraphy) are described. Please elaborate on how these variables were monitored.

The term "body composition" is used throughout but is not clearly defined. Please clarify whether this refers to BMI, fat mass, WHR, or another specific metric.

The ELISA kit used for afamin measurement should be accompanied by validation information (e.g., intra-assay and inter-assay CVs, sensitivity).

The control group showed a small increase in weight and BMI. Please discuss whether this might indicate a seasonal or behavioral confound, especially since the intervention took place in summer.

Authors revised the manuscript and uploaded the updated document.

2. Revised

Editor's decision after revisions: Accepted.

Editor in Chief's decision: Accepted.