

## Model for Manuscript Review

### Research articles

#### Manuscript title:

Peerj-75022

Progressive overload without progressing load? The effects of load or repetition progression on muscular adaptations

<b>Title</b>	
Is it understandable and concise?	( ) Yes ( x ) Not
Reflects the content?	( ) Yes ( x ) Not
<b>Abstract</b>	
It includes: objectives, methodology, key findings and conclusions?	( x ) Yes ( ) Not
<b>Introduction</b>	
The investigation was carried out in a suitable theoretical structure?	( x ) Yes ( ) Not
Clear leaves the questions you want to answer and objectives of the work?	( x ) Yes ( ) Not
The cited references are current and relevant?	( x ) Yes ( ) Not
<b>Methods</b>	
The methods presented are appropriate to achieve the proposed objectives?	( ) Yes ( x ) Not
The selection and composition of the sample are adequately described?	( x ) Yes ( ) Not
The data collection process and the tools used are described clearly?	( x ) Yes ( ) Not
The statistical analysis and the research design appropriate?	( x ) Yes ( ) Not
<b>Results</b>	
The presentation of the results clear?	( x ) Yes ( ) Not
The main results are highlighted without the inclusion of interpretation and comparisons?	( x ) Yes ( ) Not
The results evaluate the proposed objectives?	( x ) Yes ( ) Not
Tables and figures are properly numbered, labeled and explained?	( x ) Yes ( ) Not
<b>Discussion and Conclusion</b>	
The results are discussed based on the literature?	( x ) Yes ( ) Not
Author's interpretations show the safety and soundness?	( x ) Yes ( ) Not
The limitations of the work are presented?	( x ) Yes ( ) Not
The conclusions of the study are presented?	( x ) Yes ( ) Not
The conclusions respond to the objectives?	( x ) Yes ( ) Not

#### General comments:

##### Title

The title is creative, however, it makes it difficult to understand and especially to understand the study.

##### Abstract

Are presented satisfactorily.

##### Introduction

Are presented satisfactorily.

##### Methods

It should present more clearly the design of the study.

The design should come at the beginning of the methodology as a topic to illustrate what was actually done.

**Results**

Are presented satisfactorily.

**Discussion**

Are presented satisfactorily.

**Conclusion**

Are presented satisfactorily.

**References**

Are presented satisfactorily.

**Overview**

The manuscript presented addresses a relevant research topic.

It would be advisable to do a general review.

**Specific comments and suggestions:****Outcome evaluation**

- Accept unchanged ( )
- Accepted with minor changes ( x )
- Accepted with major changes ( )
- Rejected ( )