

## MAIN COMMENTS

- 1) the author aimed to determine the effect of 2 types of training on vertical jump capacity.
- 2) I suggest removing the randomized controlled trial from the title, considering that the study does not have a control group.
- 3) I suggest adding a brief explanation about the VBRT in the introduction, as was done with the APRE, the study was carried out using both types of training, however the description in the introduction has only the APRE
- 4) I suggest writing the discussion mainly from the second paragraph where the authors bring the concepts well written but do not relate these concepts with the findings of the study. As well as describing more clearly the cited studies presenting results and comparing with the findings in the present study

## MINOR POINTS

### INTRODUCTION

44-46 Bibliographical reference that corroborate this statement

48 What is "PBT"?

### SUBJECTS

74 Twenty- one (male 8, Female 10) this not eighteen? You need include the 3 injury subjects.

76 no is necessary age range.

### OUTCOME MEASURE

101 I suggest put the time for recovery among the jumps

### TRAINING ROUTINE

114 -122 did the authors create this protocol? if you do not cite the source consulted.

### STATISTICAL ANALYSES

126 why Kohnogorov Smirnov and not Shapiro wilk? the study sample is 18 subjects

### DISCUSSION

145 I suggest adding CMJ to this sentence, as well as this writing suggests that training improves jumping in general and this is not what the study shows

## MATERIALS AND METHODS

The authors should check the adequate sample size for their study using G power: (<https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstats.oarc.ucla.edu%2Fother%2Fgpower%2F&data=05%7C01%7C%7Cd8f3e1db6a73423fd42708dabd74ca5a%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638030606557389072%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ikl1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sd ata=%2BrWfSDwVotrMzZxPVuqa7Php3syT3NYi5mPPp5MbW%2FE%3D&res rved=0>).

116- Body fat mass (%)

129 -130 This is not clear maximal thigh and maximal calf

140- 150 Please, find some references supporting this statements (in sports biomech literature).