

Basic reporting

We would like to thank the authors for their effort and dedication in revising this manuscript. However, there are a few issues that still need to be corrected.

- The word "sensitivity" still appears frequently, particularly in the results section and their titles. Please replace it in all occurrences using an automatic replacement tool like Microsoft Word.
- The references are not formatted consistently. Please ensure all references follow a uniform format according to journal guidelines.

Experimental design

- The numbering of subtitles in the Methods and Materials section is incorrect, especially in the test selection subsection, where authors use "2-5-2" followed by "2-6-3." Similarly, "Statistical Analysis" is numbered as "2-7," but it should be "2-6."
- In the Participants section, authors mention the use of SPSS, t-tests, and data distribution analysis. This belongs in the Statistical Analysis section, not in Participants.
- The research hypothesis is currently placed after the Participants section. This should be moved to the end of the Introduction or another suitable section.
- The authors stated that the two tests described, the 15s Repeated Challenge Arena Jump and the Fist-Leg Combination Cohesion Test, were used in previous research. However, they do not provide references or citations for these tests. If these tests are novel, the authors must provide validity and reliability values from relevant studies. Moreover, these studies should be published in peer-reviewed journals. If no such studies exist, the authors need to conduct reliability and validity assessments for these tests.
- Other tests also lack references. The authors should specify the sources of these tests and provide proper citations.
- The Statistical Analysis section is not well explained. It is unclear which type of ANOVA was used (e.g., one-way or two-way). Additionally, the manuscript does not fully describe the statistical methods used:
 - An independent t-test was used for pre-test comparisons between groups.
 - A paired t-test was used for pre-post test comparisons within each group.
 - ANOVA effect size values should include reference values, e.g., small (0.01), moderate (0.06), and large (0.14).

Validity of the findings

- The validity of the findings relies on the tests used. The authors need to provide clarifications, as mentioned earlier, regarding the tests employed in the study.

Additional comments

RESULTS

- The Results section still needs revision as it is too long. Please summarize all results sub-sections to enhance clarity and conciseness. Avoid redundant details and repetition. For example, instead of writing: *"In the fourth-week test, there was a significant difference between the experimental group and the control group ($P < 0.001$)."* You can clarify and condense it by stating: *"In the fourth week, the*

experimental group showed a significant improvement compared to the control group ($P < 0.001$)." Ensure that all statistical comparisons clearly indicate which group showed greater improvement.

TABLES

- In Table 1, change "Training duration" to "Training experience."

Best Regards