

**Dear Editor and Reviewers,**

Please receive our grateful thanks for the valuable comments from the Editors and the reviewers regarding our manuscript (No. 360154).

All changes suggested by the editors are accepted and implemented in the paper, and can be seen in the “track changes” version of the paper.

We have also carefully read the review-reports and changed the article accordingly. Below is a point-by-point summary of all the changes made. The reviewers’ comments are copy-pasted and our answers are written in *blue italic text*.

We are looking forward to your final decision and hope you will deem the revised manuscript acceptable for publication in World Journal of Transplantation.

**Reviewer 1 (03475636) comments:**

This is very well written review. Very thorough. The authors hit all important papers on this topic. I am very impressed and enjoyed reading this review. There are only few minor corrections. 1. If resources are limited, we "also found" that the self-reported physical health (PF-score) showed "a" similar effect on long-term survival in the HTx population[17]. 2. Research in general populations underscore the importance of physical activity and report a dose-response effect on survival rates[22, 23], as well as "a strong dose-response" relation on self-reported health [24] 3. "Angiopoietin-2" (Ang-2) 4. More recently, a Scandinavian multicenter RCT (The Schedule-study) has shown that early everolimus initiation with calcineurin inhibitor withdrawal "reduces" the progression of CAV in de-novo HTx recipients[67, 68]. 5. The effect of non-medical prevention strategies, such as HIT interventions, has also been studied by IVUS and have shown less progression of "atherosclerosis" both in mice[69] 6. We found the same trend in maintenance HTx recipients after a HIT intervention[39], but the positive effects were not sustained in the long-term as shown in the 5-year follow-up "study"[25]. 7. When considering other long-term effects, the benefit from a tough and intense HIT-intervention showed a positive "effect on" the development of anxiety symptoms. 4. TABLE 1: What is known and unknown in this field?" Need "?"

*Thank you very much for your positive comments and suggested changes.*

*1 through 7: All the misspelled words, phrases and grammatical errors are changed according to your suggestions.*

*Table 4: A question mark is added to the title.*

**Reviewer 2 (00053958) comments:**

This is a very interesting and comprehensive review of the literature as well as the presentation of some new data.

*Thank you very much for your revision and positive comments.*

**Reviewer 3 (00504828) comments:**

This review manuscript focuses on potential benefit of high-intensity workout after heart transplantation. Although a review manuscript, re-analyses of past published studies as well. Major comment None. Minor comments 1. Very minor thing – Latin words may be better to make them Italic (such as de novo).

*Thank you very much for your revision and positive comments. All phrases with “de novo” are changed to “de novo”.*