

PEER-REVIEW REPORT

Name of journal: World Journal of Cardiology

Manuscript NO: 46377

Title: High-intensity interval training for health benefits and care of cardiac diseases -
The key to an efficient exercise protocol

Reviewer's code: 00247204

Reviewer's country: Greece

Science editor: Ying Dou

Reviewer accepted review: 2019-02-15 08:04

Reviewer performed review: 2019-02-26 16:47

Review time: 11 Days and 8 Hours

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input checked="" type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input checked="" type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input checked="" type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input checked="" type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input checked="" type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

This is a review article on the health benefits of High-intensity interval training (HIIT). The review provides a comprehensive summary of the HIIT protocols and the relevant benefits and is well placed in the field. The manuscript is of potential interest if the



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following issues are addressed: 1. Table 1 legend should read as: “variables improved by high-intensity interval training”; Also, Table 1 is confusing; don’t mix basic science evidence with evidence from clinical/epidemiology studies. use one line per biomarker 2. Are there any data on the effects of HIIT training on outcomes? these should be highlighted in a separate table. 3. The beneficial CV effects of HIIT and relevant mechanisms should be highlighted in a summarizing illustration. 4. the manuscript needs to be revised by an expert in English language.

INITIAL REVIEW OF THE MANUSCRIPT

Google Search:

- ☐ The same title
- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ No

BPG Search:

- ☐ The same title
- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ No

PEER-REVIEW REPORT

Name of journal: World Journal of Cardiology

Manuscript NO: 46377

Title: High-intensity interval training for health benefits and care of cardiac diseases -
The key to an efficient exercise protocol

Reviewer's code: 03849140

Reviewer's country: Turkey

Science editor: Ying Dou

Reviewer accepted review: 2019-02-27 22:27

Reviewer performed review: 2019-03-02 20:08

Review time: 2 Days and 21 Hours

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input checked="" type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input checked="" type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input type="checkbox"/> Grade C: Good	polishing	<input checked="" type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input checked="" type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input checked="" type="checkbox"/> No

SPECIFIC COMMENTS TO AUTHORS

This is a well written and comprehensive review which describes the classifications of aerobic HIIT and sprint interval training, and their differences in terms of effects, target subjects, adaptability, working mechanisms, and safety. Therefore, it can be published



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without any changes.

INITIAL REVIEW OF THE MANUSCRIPT

Google Search:

- ☐ The same title
- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ No

BPG Search:

- ☐ The same title
- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ No