

### **Response to Reviewers' Comments**

The authors did not insert line numbers making it difficult to refer to specific lines in the manuscript.

#### **Line numbers are now inserted**

Abstract: "LBP" and "EMG" should be written in full before abbreviating subsequently.

#### **Corrected**

Introduction: Paragraph 4, "first time" should be written as "first-time"

#### **Corrected**

Materials and methods: "NHS" should be written in full before abbreviating subsequently.

#### **Corrected**

Testing protocol and experimental design: "Participants' paraspinal muscle strength and fatigue performance was assessed..."  
replace "was" with "were"

#### **Corrected**

Testing protocol and experimental design: "while EMG signal was acquired and on line transformed" on line or online?  
Please cross-check

#### **Corrected**

Any picture (a figure) for the paraspinal strength measurements? it would be interesting to add this

#### **The picture included displays the set up for paraspinal strength measurement also**

Discussion: The first paragraph seems to be repeated. Please modify or delete

#### **We could not locate this first paragraph that was repeated**

Discussion: The second paragraph is a bit lengthy.

#### **This paragraph was re-arranged and some of the information it included were transferred in the first paragraph of the discussion**

### **General comments**

**For language**, a native-English speaker (2<sup>nd</sup> author) edited the manuscript for grammar, sentence structure, word usage, spelling, capitalization, punctuation, format, and general readability, as requested.

The authors need to provide the signed Conflict-of-Interest Disclosure Form and Copyright License Agreement.

#### **Both are now prepared and provided**

The authors did not provide the approved grant application form(s). Please upload the approved grant application form(s) or funding agency copy of any approval document(s)

**These are scanned and uploaded**

The authors did not provide the original figures. Please provide the original figure documents. Please prepare and arrange the figures using PowerPoint to ensure that all graphs or arrows or text portions can be reprocessed by the editor

**Figure 1 was embedded in PowerPoint and figure 2 was prepared using PowerPoint. Please advise.**

The authors did not write the "article highlight" section. Please write the "article highlights" section at the end of the main text

**This part is now included**

Please don't include any \*, #, †, §, ‡, ¥, @....in your manuscript; Please use superscript numbers for illustration; and for statistical significance, please use superscript letters. Statistical significance is expressed as  $aP < 0.05$ ,  $bP < 0.01$  ( $P > 0.05$  usually does not need to be denoted). If there are other series of P values,  $cP < 0.05$  and  $dP < 0.01$  are used, and a third series of P values is expressed as  $eP < 0.05$  and  $fP < 0.01$ ; and (5) the title does not allow acronyms and cannot exceed 18 characters.

**The above instructions were followed**