

Dear Managing Editor,

On behalf of all the authors, I appreciated the opportunity of obtaining a careful new evaluation from the reviewers concerning the article entitled “**Role of metabolic stress for enhancing muscle adaptations: practical applications**”. The objective of our review was to described practical applications to induces metabolic stress and the potential effects of metabolic stress to increase systemic hormonal release, hypoxia, ROS production, cell swelling for enhancing muscle adaptations manipulating the acute exercise program variables, such, intensity, volume, rest between sets and the effects of different kinds of training, such, resistance training, low-intensity resistance training plus blood flow restriction and high intensity interval training, according our preview purpose forwarded by email.

We agree with the reviewer´s suggestion, however, these comments does not make sense according the present objective, once our focus was the metabolic stress induced by exercise, therefore, our group believe that pharmacological agents could be describe in future studies about this subjects.

In addition, according to the reviewer´s suggestion, the manuscript has been written more clearly and reviewed by a native speaker.

Once more, I would appreciate your considering this manuscript in your journal and we hope that this version will be accepted for publication.

Yours faithfully,

Fabio Santos Lira,

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Dear Managing Editor,

On behalf of all the authors, I appreciate the opportunity of obtaining a careful new evaluation from the reviewers concerning the article entitled **“Role of metabolic stress for enhancing muscle adaptations: practical applications”**. We have answered the questions and the concerns of the reviewers point by point, and the manuscript has been modified according to the suggestions and guidelines of the journal, and the revised version is being submitted.

Once more, I would appreciate your considering this manuscript in your journal and we hope that this version will be accepted for publication.

Yours faithfully,

Fabio Santos Lira, Ph.D

São Paulo State University, Presidente Prudente, São Paulo, Brazil.

### **Author's response to Reviewer**

**Reviewer:** “Despite the fact that the authors claimed their paper has been reviewed by a native speaker, written English is still problematic here and there even in their revision letter and also in Abstract, Core tip and main body. Therefore, it is recommended that the authors hire professional language service to solve the problem”.

**Answer:** According to the reviewer's suggestion, the text has been written more clearly by a native speaker. Also, attached is the language speaker certificate.

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