

**Review Form 3**

Journal Name:	<b>Current Journal of Applied Science and Technology</b>
Manuscript Number:	<b>Ms_CJAST_123445</b>
Title of the Manuscript:	<b>INTER-SET REST PERIODS AND PERFORMANCE REST PERIOD OPTIMIZATION IN NEAR-MAXIMUM TRAINING ZONES FOR TRAINED WOMEN: IMPLICATIONS FOR PERFORMANCE IN LEG EXTENSION AND LEG PRESS EXERCISES</b>
Type of the Article	

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**PART 1: Review Comments**

<b>Compulsory</b> REVISION comments	Reviewer's comment	<b>Author's Feedback</b> (Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Please write a few sentences regarding the importance of this manuscript for the scientific community. Why do you like (or dislike) this manuscript? A minimum of 3-4 sentences may be required for this part.	INTER-SET REST PERIODS AND OPTIMIZATION OF PERFORMANCE REST PERIODS for women are very important and for training reference, because specific research on trained women during sports is needed. So this study provides insight into the maximum training load capacity for trained women, injuries often due to ignorance of the maximum load by athletes.	
Is the title of the article suitable? (If not please suggest an alternative title)	suitable	
Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.	(5) The abstract structure has been fulfilled 1. background 2. research objectives 3. research methods 4. research results 5. conclusions the need for addition of recommendations for further research in the last paragraph of the abstract	
Are subsections and structure of the manuscript appropriate?	in accordance	
Please write a few sentences regarding the scientific correctness of this manuscript. Why do you think that this manuscript is scientifically robust and technically sound? A minimum of 3-4 sentences may be required for this part.	After studying the methodology and research results, it shows that this research was carried out correctly, the application of loads and rest periods was carried out in accordance with the reference theory, but it is necessary to attach a training program and Ethics Committee Approval to strengthen this research.	
Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.	There needs to be additional references regarding training programs and maximum loads, and research that has been carried out.	
<u>Minor</u> REVISION comments  Is the language/English quality of the article suitable for scholarly communications?	Minor, academic language should be used in discussions	
<u>Optional/General</u> comments	1. contribution to existing knowledge: Good 2. Novel ideas/concepts/techniques: = Good . 3. Readability: = Average 4. Correct analysis: = Average 5. Soundness of methodology: = Average 6. Evidence supports conclusion: = Good 7. Adequacy of literature review: = Average 8. Clear, concise and interesting writing: Average 9. Suggestions to Author/s: good job and hope to be more creative	

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**PART 2:**

	<b>Reviewer's comment</b>	<b>Author's comment</b> <i>(if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
<b>Are there ethical issues in this manuscript?</b>	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

**Reviewer Details:**

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