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2/23/95

Editorial Comment (R-458)

You need to carefully examine the focus of this brief review. Both reviewers were not too excited with it as it is a review based upon very few studies that directly address this issue. If this is the focus, cut to just the studies which address this form of exercise and do not clutter it up with irrelevant studies not related to your topic focus. Have someone re-read your paper and get internal critiques prior to sending it back to me. It must make a contribution to the literature. This is a difficult task. If you want to focus on the role of resistance training as a weight loss method or its influence it also depends upon the amount of caloric restriction. You need to work with your colleagues to find out what the message is. A few papers are missing as well on this topic. Call it a *Brief Review: your title.....* I will entertain one more revision to see if you can meet some of the higher demands for the scientific level of your contribution. It is a good try but needs more focus on how weight loss and caloric expenditure from resistance exercise training helps. If the rewrite does not meet the standards of the JSCR it might be more appropriate for Strength and Conditioning and I will forward it to the Editor for you. But give it one more try, you have to make a dramatic rewrite. Good luck.

Sincerely

William J. Kraemer, Ph.D.
Editor-In-Chief