

Review of: "Sustained Muscle EMG Activity to Contractile Failure During Incremental Exercise and Intense Constant Load Cycling: No Evidence of a Central Governor"

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Potential competing interests: No potential competing interests to declare.

Thank you for inviting me to review, and thank you for the hard work.

The paper proved its assumption. The study investigates the Central Governor Model (CGM) by analyzing muscle EMG activity during intense exercises. EMG data from the VL and Gmax were examined, showing sustained increases in muscle activity in all bouts of intense exercise to volitional exhaustion. The results suggest that, instead of the CGM, such neuromuscular function is a built-in failure mechanism that prevents our capabilities to induce structural and systemic damage during intense exercise.

Specific Tips:

1. Most of the papers cited to introduce the CGM are old. It would be better to cite papers in recent years to introduce the latest research progress.
2. The research only recruited 14 people, making the sample size small.
3. As said in the paper, recruiting a specific type of population could lead to a certain degree of limitation.
4. In Fig. 1, the meanings of the blue and red lines are not clearly marked. And the numbers marked in the figure are too small to read.
5. Most of the references are old, so it is recommended to update them.