

# 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.

## General comments

The authors aimed to investigate whether surface electromyography (sEMG) activity revealed sustained increases in rms sEMG signal intensity to volitional fatigue during constant load non-steady state exercise (CP trials) and the implications for the central governor model (CGM). The aim is commendable. The authors found that muscle sEMG rms data revealed sustained increases in muscle activity in all bouts of intense exercise to volitional exhaustion in both the vastus lateralis and gluteus maximus, which is inconsistent with the predictions made from the CGM. Overall, the authors fulfilled their aim properly.

## Minor comments

(Abstract and elsewhere throughout manuscript, as well) Please, do not start sentences with acronyms;

(Introduction, 5<sup>th</sup> paragraph) ... meaningful drops in...

(Determination of VO<sub>2</sub>max and constant non-steady state bout peak VO<sub>2</sub> and elsewhere throughout manuscript, as well)

Please, do not use acronyms in headings;

(Figure 1) Please, enlarge inset times (red signals) in panels a and b, as they are illegible.