**Title of the Manuscript:** Effect of Ascending an Inclined Surface versus Backward Walking on Flat Surface on Dynamic Balance in Healthy Older Adult Males

**Type of the Article**
Original Research Article

**General guideline for Peer Review process:**
This journal's peer review policy states that NO manuscript should be rejected only on the basis of 'lack of Novelty', provided the manuscript is scientifically robust and technically sound.

To know the complete guideline for Peer Review process, reviewers are requested to visit this link:
(http://www.sciencedomain.org/page.php?id=sdi-general-editorial-policy#Peer-Review-Guideline)

**PART 1: Review Comments**

<table>
<thead>
<tr>
<th>Reviewer's comment</th>
<th>Author's comment (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)</th>
</tr>
</thead>
</table>
2. There is too much unimportant information about the key intervention – the inclined walking or backwards walking. You need to have this information quickly available to readers – how far they walked, was it all at once or in sets, modifications.  
3. All that unimportant information makes it extremely difficult for readers to discern what this study is showing. This needs to be focused on specifically the walking and the benefits from the walking training.  
4. The strength and especially the body composition data clutter the article. Currently, this article is extremely difficult to read. Please rewrite extensively to focus on one intervention. |
| Minor REVISION comments | 1. At the end of the introduction, you say “walking over the two legs.” I’m not sure what you mean. I think you mean low impact walking as opposed to running or jumping. Please clarify.  
2. You went into too much detail on the bass test and strength test. We do not need to know what materials are needed or that level of detail. |

**Reviewer Details:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Timothy Hui</th>
</tr>
</thead>
<tbody>
<tr>
<td>Department, University &amp; Country</td>
<td>Orthology Washington DC, USA</td>
</tr>
</tbody>
</table>