We thank the referees for their helpful comments, and have responded positively to their suggestions as below.

Reviewer A:

This study used plyometric training to increase jumping performance without increasing leg circumferences. This is important for athletes such as female gymnasts where subjective appearance is important in judging. In your study, gains in lean tissue mass were said to be offset by losses of fat mass so that limb circumferences were unchanged. It is assumed this is not the case with regular resistance training. Is this assumption supported by the literature? Does regular resistance training have the same effect (i.e. decrease of fat mass along with increase in muscle mass)?

**This is certainly a fear of female athletes, but I am not aware of any formal comparisons of plyometrics with resistance exercise. I have thus added this to the discussion as something that needs doing.**

Introduction: what is meant by the statement that jumping exercises significantly increase relaxation? Please clarify.

**The relaxation of antagonosts is enhanced. I have now elaborated on this.**

Under methodology it is stated the participants were divided arbitrarily into two groups of 10 (control and experimental). Please clarify whether assignment to groups was randomized.

**Arbitrarily meant non-randomized- I have now spelled this out.**

Page 4, under “Plyometric training”: It is stated intensity and duration varied in opposite direction, decreasing and then increasing gradually. This is a very confusing description of the exercise prescription and progression. Please clarify.

**This is now clarified.**

Bottom of page 4: you’ve described the jumping tests, but you haven’t indicated how performance was measured (i.e. what equipment was used?). Do you have any assessment of the reproducibility of your measures (i.e. an intra-class correlation coefficient or %coefficient of variation)?

**We did not perform formal ICCs on this occasion, but the data has been shown to correlatre with force-plates and has proven stable in control groups. I have added references on this.**

Page 5 and 6: Numerical results are presented in the text of the results section and in Table 2. I suggest only presenting this in Table 2 to reduce redundancy.

**Agreed.**

Table 2: In the column “Significance of differences”, please clarify that the p-values presented are for the group x time interactions (please add this to the table).

**This is now done.**

Reviewer B:

The manuscript entitled Does plyometric training avoid muscle bulking and adverse change in appearance of female physical education students? is well-written and relevant to the field of health & fitness. I have some comments for the authors to address.

1. In Table 2, the p values are written with a comma which should be a period (Canadian format).

**Corrected.**

2. In Table 2, could the authors clarify the main effect (treatment) and that this is not a comparison between experimental and control groups.

**Clarified**

3. Are there any references to support the statements in the first paragraph of the discussion?

**Yes- I have expanded on the bibliography there.**

4. The references are dated. Are there any recent papers that could replace some of the older ones, particularly for the more general topics?

**I have up-dated and expanded the bibliography**.