Thank you for your insightful and informed comments and changes.

I have gone through and accepted most added changes. As well, I trust I have sufficiently amended the document to account for the general comments. Please find my direct responses to the general comments below.

General Comments:

Both the title and purpose need to be clearer and should not differ.

-I have altered both the title and purpose to be congruent with the purpose.

The interchanging of the words "rotation" and "tortion" is problematic - in the abstract you defined "rotation" as "tortion and untwisting".  Perhaps it is a terminology issue.

- I have gone though the document and removed rotation and replaced it with torsion.

In the measurement section, you need to address the usefulness of the techniques during exercise (to max).

- I have added a section discussing the best technique to measure torsion during exercise.

Aging is not a chronic disease or maladaptation. – This has been amended

Specific Comments:

Tracked on attached document