

In the article entitled "THE DOSE-RESPONSE PHENOMENON ASSOCIATED WITH STRENGTH TRAINING IS INDEPENDENT OF THE VOLUME OF SETS AND REPETITIONS PER SESSION" authored by Alexandre L. Evangelista, Tiago V. Braz, Roberta L. RicaWelmo A. Barbosa[,] Angelica C. Alonso, Jonatas B. Azevedo, Bruna M. Barros, Julien S. Baker, Danilo S. Bocalini, Julia M. D. Greve, published in Rev Bras Med Esporte [online] 2021, vol.27, n.1. DOI: https://doi.org/10.1590/1517-8692202127012020_0058, pages 108-112, by request of the authors.

On Page 109, first paragraph - Study design

- Where it reads: During the study period, 13 individuals dropped out due to personal reasons,

- Read: During the study period, 19 individuals dropped out due to personal reasons,

On Page 110, Statistical analyses

- Where it reads: All analyses were conducted in SPSS-22.0 software (IBM Corp., Armonk, NY, USA). The adopted significance was $P \le 0.05$.

- Read: The relationship between variables was determined through Pearson correlation. All analyses were conducted in SPSS-22.0 software (IBM Corp., Armonk, NY, USA). The adopted significance was $P \le 0.05$.

On page 110, paragraph 7 - RESULTS

- Where it reads: Significant correlations (p<0.0001) were found between maximum strength and muscle thickness for biceps and triceps brachii singly (Table 4). Additionally, significant correlations (p<0.0001) were found on general analyses between maximum strength and muscle thickness for all muscles analyzed as showed at Figure 3.

- Read: Significant correlations (p<0.05) were found between maximum strength and muscle thickness for biceps brachii, triceps brachii and vastus lateralis (Table 4). No significant correlation were found for 3x10 protocol in vastus lateralis muscle (r= 0.3178, p = 0.5852). Additionally, significant correlations (p<0.0001) were found on general analyses between maximum strength and muscle thickness for all muscles analyzed as showed at Figure 3.

On page 111 - Table 4

- Where it reads:

Table 4. Correlation between maximum strength and muscle thickness of muscle

 biceps brachii, triceps brachii and vastus lateralis according to strength protocol.

	Strength protocol	Muscle			Churren
		Biceps brachii	Triceps brachii	Vastus lateralis	streng
	3 x 10	r: 0.8196 p<0.0001	r: 0.5377 p=0.0007	r: 0.2394 p=0.1597	
	10 x 3	r: 0.8018 p<0.0001	r: 0.6005 p=0.0007	r: 0.5124 p=0.0053	
	5 x 6	r: 0.8481 p<0.0001	r: 0.5241 p=0.0021	r: 0.3488 p=0.0504	

- Read:

Table 4. Correlation between maximum strength and muscle thickness of muscle

 biceps brachii, triceps brachii and vastus lateralis according to strength protocol.

Strength protocol	Muscle				
	Biceps brachii	Triceps brachii	Vastus lateralis		
3 x 10	r: 0.8196	r: 0.6384	r: 0.3178		
	p<0.0001	p<0.0001	p=0.5852		
10 x 3	r: 0.8018	r: 0.5831	r: 0.5979		
	p<0.0001	p=0.0011	p=0.0008		
5 x 6	r: 0.8481	r: 0.4914	r: 0.4278		
	p<0.0001	p=0.0043	p=0.0146		

On page 111- Figure 3

- Where it reads: Figure 3. General correlation between maximum strength and muscle thickness of muscle biceps brachii, triceps brachii and vastus lateralis.



- Read: Figure 3. General correlation between maximum strength and muscle thickness of muscle biceps brachii, triceps brachii and vastus lateralis.



On page 111, paragraph 6 - DISCUSSION

- Where it reads: An interesting finding was the significant correlation found between maximum strength and muscle thickness only in biceps and triceps brachii but not on vastus lateralis (Table 4). To the best of our knowledge Kubo et al.¹⁷ demonstrated significant correlations in relative changes in 1RM and muscle volume of pectoralis major in a 12RM group, but not in a 4RM or 8RM group. Differently from Kubo's study, our study found differences in muscle type independently of changes in muscle strength induced by different protocols. Scientific hypothesis may be used to address volume area changes of the vastus lateralis muscle but does not singly explain the maximal strength gain observed. Further studies and hypothesis are needed to clarify and confirm our findings using cross-sectional images of several muscle groups with 3T magnetic resonance imaging and prolongation of training period.

- Read: An interesting finding was the significant correlation found between maximum strength and muscle thickness for biceps brachii, triceps brachii and vastus lateralis (Table 4). To the best of our knowledge Kubo et al.¹⁷ demonstrated significant correlations in relative changes in 1RM and muscle volume of pectoralis major in a 12RM group, but not in a 4RM or 8RM group. Differently from Kubo's study, our study found differences in muscle type independently of changes in muscle strength induced by different protocols. Further studies and hypothesis are needed to clarify and confirm our findings using cross-sectional images of several muscle groups with 3D magnetic resonance imaging and prolongation of training period.