

Reviewer's report

Title: Extremely short duration high intensity training substantially improves insulin action in young healthy males

Version: 2 **Date:** 9 December 2008

Reviewer: LABROS S SIDOSSIS

Reviewer's report:

Overall comments:

The authors have addressed my comments satisfactorily.

There are only 2 minor corrections:

Page 13, line 3: This should read ".improved glucose."

Page 15, line 2: This should read ".only ~250 kcal work per week."