

REVIEWER'S REPORT

Manuscript No.: IJAR-57382

Title: Core in Motion A Zumba Based Approach to Abdominal Strength Using Belly Band

Recommendation:

- Accept as it is
- ✓ Accept after minor revision.....**
- Accept after major revision
- Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		✓		
Techn. Quality		✓		
Clarity		✓		
Significance	✓			

Reviewer Name: Dr S. K. Nath

Detailed Reviewer's Report

Strength of the study

- Focuses on an important fitness topic related to aging women and abdominal strength
- Clear quasi experimental design with pre test and post test approach
- Well described intervention with structured six week Zumba program
- Use of objective measures like plank hold sit ups and BMI improves reliability
- Appropriate use of nonparametric statistical tests based on data distribution
- Results supported with detailed tables on pages 4 to 6

Weakness of the study

- Small sample size of 25 limits generalizability
- No control group reduces strength of causal conclusions
- Some grammatical and formatting issues throughout manuscript
- Study population limited to one center which may introduce bias
- Overly lengthy discussion with repetition in several sections
- Ethical approval not clearly stated though consent is mentioned

Reviewers Comments

The manuscript presents a relevant and practical study on the effect of Zumba with belly band on abdominal strength and BMI among women aged 40 and above. The study design is appropriate, and the intervention is clearly described. The use of objective measures and statistical tests, as shown in tables on pages 4 to 6, strengthens the findings. The results demonstrate significant improvement in both core strength and BMI, which is encouraging. Ethical aspects are partly addressed with informed consent mentioned on page 3, but formal ethical clearance should be clearly stated. The writing is understandable but requires improvement in grammar and sentence clarity. The discussion is detailed but somewhat repetitive and could be made more concise. The study is limited by small sample size and absence of a control group, which affects generalizability. Overall, the study is useful and relevant but needs minor refinement in presentation and reporting.