



REVIEWER'S REPORT

Manuscript No.: IJAR-57382

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

Recommendation:

Accept after minor revision

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

Reviewer's ID: Dr Payal Adwani

Detailed Reviewer's Report

Strengths

- The study addresses a relevant and practical topic—exercise interventions for middle-aged and older women, which has good clinical and community significance.
- The intervention (Zumba + belly band) is innovative and engaging, promoting adherence to physical activity.
- Clear pre-test and post-test design, making outcomes easy to understand.
- Use of objective outcome measures such as plank hold, sit-ups, and BMI strengthens the methodology.
- Statistical analysis using non-parametric tests is appropriate considering the data distribution.
- The manuscript provides detailed procedural description, allowing reproducibility.

Limitations

- Small sample size (n=25) limits generalization of findings.
- Absence of a control group reduces the strength of causal inference.
- Duration of intervention (6 weeks) is relatively short to assess long-term effects.
- The role of the belly band is not isolated, making it unclear whether improvements are due to Zumba alone or combined intervention.
- Some methodological redundancy and repetition (especially in research design section).
- Language requires minor grammatical and stylistic revisions for clarity and conciseness.
- Some references are either outdated or inconsistently formatted.
- Lack of effect size reporting and confidence intervals.
- No mention of adherence rate or dropouts, which is important in exercise studies.