The authors thank the reviewer for the comments. As mentioned earlier also, the authors agree that the study does not address a novel concept. However, it does demonstrate the benefits of resistance exercise in Asian Indian population, which has been shown to have very low level of physical activity in several studies. This may be a stimulus for further studies in this area using better methodology and larger sample size.

The analysis was initially performed and rechecked by an expert statistician (Prof. R. M. Pandey). There is no computational error in analysis. Paired 't' test compares the mean of difference in pre-post values for individual subjects against hypothesized value of zero. Therefore it is possible to get a small change as statistically significant if the change is homogeneous i.e. change has small standard deviation for a reasonable good sample size. That is the reason why the small mean difference in pre-post values in this study is statistically significant.

No changes have been made in the manuscript.