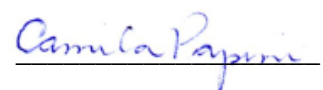


Editor-in-chief

I submit the manuscript "**Protocols with blood flow restriction during resistance training: a systematic review**" in the category of systematic revision, authored by Camila Bosquiero Papini, Nuno Manuel Frade de Sousa, Danilo Rodrigues Bertucci, Natalia de Oliveira Bertolini, Leandro Mori Acedo e Sebastiao Gobbi, for review and possible publication in the *Revista Brasileira de Atividade Física e Saúde*.

The manuscript discusses the different low intensity exercise protocols with blood flow restriction to develop hypertrophy and muscle strength. This is a clinically relevant method in physical activity and health because in some conditions the high intensity exercise is not indicated. The results of the present manuscript contribute to develop a standard protocol to be applied in the blood flow restriction exercise.

Rio Claro, 06 de maio de 2014.



Camila B Papini