

CC: [ratamess@tcnj.edu](mailto:ratamess@tcnj.edu)

Feb 08, 2018

RE: JSCR-08-10283R1, entitled "USING PERCEPTUAL AND NEUROMUSCULAR RESPONSES TO ESTIMATE MECHANICAL CHANGES DURING CONTINUOUS SETS IN THE BENCH PRESS"

Dear Dr. Naclerio,

I am pleased to inform you of the official acceptance of your manuscript, JSCR-08-10283R1, entitled "USING PERCEPTUAL AND NEUROMUSCULAR RESPONSES TO ESTIMATE MECHANICAL CHANGES DURING CONTINUOUS SETS IN THE BENCH PRESS" for publication in the Journal of Strength and Conditioning Research. Congratulations to you and your co-authors in meeting the very high standard of quality that is required for publication in this Journal.

The production staff at Lippincott, Williams and Wilkins (LWW) will be sending galley proofs and work with you to put your manuscript into proper format for publication.

I want to take this opportunity to remind you to check the page proofs promptly and carefully for accuracy when you eventually receive them. You will receive them via email so please be attentive to such communications

### **OPEN ACCESS**

If you indicated in the revision stage that you would like your submission, if accepted, to be made open access, please go directly to step 2. If you have not yet indicated that you would like your accepted article to be open access, please follow the steps below to complete the process:

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- a. Article Title - USING PERCEPTUAL AND NEUROMUSCULAR RESPONSES TO ESTIMATE MECHANICAL CHANGES DURING CONTINUOUS SETS IN THE BENCH PRESS
- b. Manuscript Number - JSCR-08-10283R1

Finally, please be aware that there is usually a delay at this point in time of about 6-9 months before the article will appear in print, due to the high demand for space in the Journal. However, your paper will appear in an "ahead of print" format prior to its formal publication.

We look forward to the submission of other manuscripts from your laboratory. Thank you for your contribution to the JSCR.

We wish you all the best in your future research projects.

Kind Regards,

William J. Kraemer, PhD, CSCS\*D, FNSCA  
Editor-In-Chief Emeritus

CC: Nicholas A. Ratamess, Ph.D., CSCS\*D, FNSCA  
Editor-In-Chief  
Journal of Strength and Conditioning Research