

Reviewer Comments	Revisions
1. SUD used, is the empirical evidence on drug use only?	Added to introduction SUD encompasses all chemical substances, including alcohol. Information on this was added to the introduction, see second line. As well as additional reference, Johns Hopkins. Also added additional information on alcohol in this section, with added reference National Institute on Alcohol Abuse and Alcoholism, Agency for Healthcare Research and Quality.
2. Negative aspects of strength training put in limitations.	Updated section to include recommendations, see page 23.
3. Table 1, add gender, and what dependency they are recovering from	Participant sex added to the profile table. Specific chemical dependency was not recorded for this research. The criteria for the study was to fall in the category of having substance use disorder. Refer to Materials and Methods section “participants” pg. 8
4. Add to limitations that some participants had professional experiences with rehab or personal training.	Updated section to include recommendations, see page 23.
5. Expand the autonomy (automi) theme to demonstrate how this contributes to social interaction	Added a more in-depth explanation for the reviewer, see page page17.
6. Define “twelve step program”	Added description, see pg. 4.
7. Results missing a condensed summary. Add summary to results.	Added results summary and revised section, see page 18.
8. Results are weak to suggest certified strength trainers in treatment.	The conclusion section is very clear using language such as “could” and mentions that further research is needed. See page 24.