RQ (3) Additional Weight Loss per Hour/Week Spent on Each Exercise Program with Near Max vs. Mean Effort, by Gender

| Program | Gender | b, Average | b, Near Max | b, Difference | SE | p |
| --- | --- | --- | --- | --- | --- | --- |
| Jogging | Male | 2.68 | 7.41 | 4.74 | 1.56 | .002 \*\* |
| Swimming | Male | 9.11 | 19.85 | 10.75 | 1.41 | < .001 \*\*\* |
| Jogging | Female | 9.85 | 14.59 | 4.74 | 1.56 | .002 \*\* |
| Swimming | Female | 5.13 | 15.88 | 10.75 | 1.41 | < .001 \*\*\* |