

Obs	ID	Sex	Group	Days	Fatmass	MuscleGlycogen	GIRperkgFFMperinsulin
1	1	M	HIIT	0	43.1473	517.538	2.6919
2	1	M	HIIT	90	44.4567	623.147	6.7656
3	1	M	HIIT	93	44.4567	726.587	6.1666
4	4	F	MICT	0	39.6760	506.638	5.1617
5	4	F	MICT	90	38.2872	766.439	6.2406
6	4	F	MICT	93	38.2448	628.304	4.8547
7	6	M	MICT	0	49.7871	519.121	4.6351
8	6	M	MICT	90	48.5135	553.229	4.6936
9	6	M	MICT	93	49.7170	832.371	4.4599
10	7	F	MICT	0	44.8836	585.228	13.7358

Obs	ID	Sex	Group	Days	Fatmass	MuscleGlycogen	GIRperkgFFMperinsulin	Fatmass_cent
1	1	M	HIIT	0	43.1473	517.538	2.6919	2.4673
2	1	M	HIIT	90	44.4567	623.147	6.7656	3.7767
3	1	M	HIIT	93	44.4567	726.587	6.1666	3.7767
4	4	F	MICT	0	39.6760	506.638	5.1617	-1.0040
5	4	F	MICT	90	38.2872	766.439	6.2406	-2.3928
6	4	F	MICT	93	38.2448	628.304	4.8547	-2.4352
7	6	M	MICT	0	49.7871	519.121	4.6351	9.1071
8	6	M	MICT	90	48.5135	553.229	4.6936	7.8335
9	6	M	MICT	93	49.7170	832.371	4.4599	9.0370
10	7	F	MICT	0	44.8836	585.228	13.7358	4.2036

Obs	MuscleGlycogen_cent	postVisit2	postVisit2_spline
1	-77.868	0	0
2	27.741	0	0
3	131.181	1	3
4	-88.768	0	0
5	171.033	0	0
6	32.898	1	3
7	-76.285	0	0
8	-42.176	0	0
9	236.965	1	3
10	-10.177	0	0

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structure	Unstructured
Subject Effects	ID, ID
Estimation Method	ML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M

Dimensions	
Covariance Parameters	9
Columns in X	7
Columns in Z per Subject	2
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Log Like	Criterion
0	1	476.78748697	
1	4	422.02860246	8.93930888
2	1	421.92961424	0.08211170
3	1	421.86461388	0.00226347
4	1	421.79801218	0.00105901
5	1	421.77427286	.

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Log Like	Criterion
6	1	421.77176512	.
7	1	421.77175340	0.00000000

Convergence criteria met but final Hessian is not positive definite.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	3.4234	2.8503	-0.1484
2	2.8503	7.7843	1.7008
3	-0.1484	1.7008	3.1021

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.5521	-0.04552
2	0.5521	1.0000	0.3461
3	-0.04552	0.3461	1.0000

Estimated G Matrix				
Row	Effect	ID	Col1	Col2
1	Intercept	1	7.6272	0.003580
2	Days	1	0.003580	

Estimated G Correlation Matrix				
Row	Effect	ID	Col1	Col2
1	Intercept	1	1.0000	
2	Days	1		1.0000

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	11.0506	10.7997	7.8118
2	10.7997	16.0559	9.9832
3	7.8118	9.9832	11.3952

The Mixed Procedure

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.8108	0.6961
2	0.8108	1.0000	0.7381
3	0.6961	0.7381	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	7.6272
UN(2,1)	ID	0.003580
UN(2,2)	ID	0
UN(1,1)	ID	3.4234
UN(2,1)	ID	2.8503
UN(2,2)	ID	7.7843
UN(3,1)	ID	-0.1484
UN(3,2)	ID	1.7008
UN(3,3)	ID	3.1021

Fit Statistics	
-2 Log Likelihood	421.8
AIC (Smaller is Better)	449.8
AICC (Smaller is Better)	455.4
BIC (Smaller is Better)	469.4

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
7	55.02	<.0001

Solution for Fixed Effects							
Effect	Group	Sex	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F	8.3342	0.7558	27	11.03	<.0001
Sex		M	5.4227	0.9141	27	5.93	<.0001
Days			0.01639	0.006070	28	2.70	0.0116
Days*Group	HIIT		0.003613	0.008229	27	0.44	0.6641

The Mixed Procedure

Solution for Fixed Effects							
Effect	Group	Sex	Estimate	Standard Error	DF	t Value	Pr > t
Days*Group	MICT		0
Fatmass_cent			-0.1334	0.07607	27	-1.75	0.0908
MuscleGlycogen_cent			-0.00385	0.001609	27	-2.39	0.0241

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	2	27	79.77	<.0001
Days	1	28	15.28	0.0005
Days*Group	1	27	0.19	0.6641
Fatmass_cent	1	27	3.08	0.0908
MuscleGlycogen_cent	1	27	5.71	0.0241

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structure	Unstructured
Subject Effects	ID, ID
Estimation Method	ML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	16
Columns in X	13
Columns in Z per Subject	4
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Log Like	Criterion
0	1	476.34157930	
1	6	418.58627521	4.304213E16
2	0	418.58627521	4.304213E16
3	0	418.58627521	4.304213E16
4	0	418.58627521	4.304213E16
5	0	418.58627521	4.304213E16

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Log Like	Criterion
6	0	418.58627521	4.304213E16
7	0	418.58627521	4.304213E16
8	0	418.58627521	4.304213E16
9	0	418.58627521	4.304213E16
10	0	418.58627521	4.304213E16
11	0	418.58627521	4.304213E16
12	0	418.58627521	4.304213E16
13	0	418.58627521	4.304213E16
14	0	418.58627521	4.304213E16
15	0	418.58627521	4.304213E16
16	0	418.58627521	4.304213E16
17	0	418.58627521	4.304213E16
18	0	418.58627521	4.304213E16

WARNING: Did not converge.

Covariance Parameter Values At Last Iteration		
Cov Parm	Subject	Estimate
UN(1,1)	ID	7.6743
UN(2,1)	ID	9.99E-24
UN(2,2)	ID	7.4086
UN(3,1)	ID	1.8E-24
UN(3,2)	ID	1.7089
UN(3,3)	ID	3.4611
UN(4,1)	ID	-112E-25
UN(4,2)	ID	2.5055
UN(4,3)	ID	-81E-25
UN(4,4)	ID	3.2713
UN(1,1)	ID	5.25E-8
UN(2,1)	ID	2.83E-15
UN(2,2)	ID	5.25E-8
UN(3,1)	ID	-794E-17
UN(3,2)	ID	1.36E-14
UN(3,3)	ID	5.25E-8

need for random slope, random int and slope unstructured

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structure	Unstructured
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	16
Columns in X	13
Columns in Z per Subject	4
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	

WARNING: Stopped because of infinite likelihood.

need for random slope, random int and slope unstructured

The Mixed Procedure

Covariance Parameter Values At Last Iteration		
Cov Parm	Subject	Estimate
UN(1,1)	ID	9.3014
UN(2,1)	ID	0
UN(2,2)	ID	8.3157
UN(3,1)	ID	0
UN(3,2)	ID	2.0854
UN(3,3)	ID	3.5933
UN(4,1)	ID	0
UN(4,2)	ID	2.9119
UN(4,3)	ID	0
UN(4,4)	ID	3.3095
UN(1,1)	ID	5.25E-8
UN(2,1)	ID	0
UN(2,2)	ID	5.25E-8
UN(3,1)	ID	0
UN(3,2)	ID	0
UN(3,3)	ID	5.25E-8

need for random slope, random int, unstructured

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structure	Unstructured
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	7
Columns in X	13
Columns in Z per Subject	1
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	423.42323233	0.00033472
2	1	423.40988871	0.00000063
3	1	423.40984659	0.00000000

Convergence criteria met but final Hessian is not positive definite.

need for random slope, random int, unstructured

The Mixed Procedure

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	2.8736	2.8340	-0.1998
2	2.8340	8.3183	2.4473
3	-0.1998	2.4473	4.0666

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.5796	-0.05846
2	0.5796	1.0000	0.4208
3	-0.05846	0.4208	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	9.4257

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2993	12.2596	9.2258
2	12.2596	17.7440	11.8730
3	9.2258	11.8730	13.4923

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.8299	0.7162
2	0.8299	1.0000	0.7673
3	0.7162	0.7673	1.0000

need for random slope, random int, unstructured

The Mixed Procedure

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	9.4257
UN(1,1)	ID	8.3183
UN(2,1)	ID	2.4473
UN(2,2)	ID	4.0666
UN(3,1)	ID	2.8340
UN(3,2)	ID	-0.1998
UN(3,3)	ID	2.8736

Fit Statistics	
-2 Res Log Likelihood	423.4
AIC (Smaller is Better)	437.4
AICC (Smaller is Better)	439.0
BIC (Smaller is Better)	447.2

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
6	54.97	<.0001

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.2982	1.1000	53	7.54	<.0001
Sex		M		5.2972	1.2348	53	4.29	<.0001
Days			90	1.6389	0.6302	53	2.60	0.0120
Days			93	1.1010	0.7928	53	1.39	0.1707
Days			0	0
Group*Days	HIIT		90	1.3904	1.5771	53	0.88	0.3820
Group*Days	HIIT		93	0.5446	1.3922	53	0.39	0.6972
Group*Days	HIIT		0	0.9457	1.3128	53	0.72	0.4745
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1235	0.08294	53	-1.49	0.1425
MuscleGlycogen_cent				-0.00180	0.001988	53	-0.91	0.3690

need for random slope, random int, unstructured

The Mixed Procedure

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	5.45	0.0234
Days	2	53	8.87	0.0005
Group*Days	3	53	0.33	0.8025
Fatmass_cent	1	53	2.22	0.1425
MuscleGlycogen_cent	1	53	0.82	0.3690

need for random slope, random int and slope unstructured

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Compound Symmetry
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	Profile
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	12
Columns in X	13
Columns in Z per Subject	4
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	4	424.08921960	0.00998600
2	3	423.82569592	0.00724101
3	3	423.42721644	0.00042365
4	1	423.41523580	0.00021597
5	3	423.41134697	0.00017987

need for random slope, random int and slope unstructured

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
6	3	423.40985670	0.00000232
7	1	423.40984659	0.00000000

Convergence criteria met but final Hessian is not positive definite.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	-8.7952	-13.3170	-13.3170
2	-13.3170	-8.7952	-13.3170
3	-13.3170	-13.3170	-8.7952

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	-1.0000	-1.0000
2	-1.0000	1.0000	-1.0000
3	-1.0000	-1.0000	1.0000

Estimated G Matrix							
Row	Effect	ID	Days	Col1	Col2	Col3	Col4
1	Intercept	1		28.6899	-13.6629	-6.2733	-6.8017
2	Days	1	90	-13.6629	25.1750	16.4362	17.3512
3	Days	1	93	-6.2733	16.4362	6.1442	6.9279
4	Days	1	0	-6.8017	17.3512	6.9279	6.0079

Estimated G Correlation Matrix							
Row	Effect	ID	Days	Col1	Col2	Col3	Col4
1	Intercept	1		1.0000	-0.5084	-0.4725	-0.5181
2	Days	1	90	-0.5084	1.0000	1.0000	1.0000
3	Days	1	93	-0.4725	1.0000	1.0000	1.0000
4	Days	1	0	-0.5181	1.0000	1.0000	1.0000

need for random slope, random int and slope unstructured

The Mixed Procedure

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2992	12.2596	9.2257
2	12.2596	17.7439	11.8729
3	9.2257	11.8729	13.4923

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.8299	0.7162
2	0.8299	1.0000	0.7673
3	0.7162	0.7673	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	28.6899
UN(2,1)	ID	-13.6629
UN(2,2)	ID	25.1750
UN(3,1)	ID	-6.2733
UN(3,2)	ID	16.4362
UN(3,3)	ID	6.1442
UN(4,1)	ID	-6.8017
UN(4,2)	ID	17.3512
UN(4,3)	ID	6.9279
UN(4,4)	ID	6.0079
CS	ID	-13.3170
Residual		4.5218

Fit Statistics	
-2 Res Log Likelihood	423.4
AIC (Smaller is Better)	447.4
AICC (Smaller is Better)	452.1
BIC (Smaller is Better)	464.2

need for random slope, random int and slope unstructured

The Mixed Procedure

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
11	54.97	<.0001

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.2982	1.1000	0	7.54	.
Sex		M		5.2972	1.2348	0	4.29	.
Days			90	1.6389	0.6302	53	2.60	0.0120
Days			93	1.1010	0.7928	53	1.39	0.1707
Days			0	0
Group*Days	HIIT		90	1.3904	1.5771	0	0.88	.
Group*Days	HIIT		93	0.5446	1.3922	0	0.39	.
Group*Days	HIIT		0	0.9457	1.3128	0	0.72	.
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1235	0.08294	0	-1.49	.
MuscleGlycogen_cent				-0.00180	0.001988	0	-0.91	.

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	0	5.45	.
Days	2	53	8.87	0.0005
Group*Days	3	0	0.33	.
Fatmass_cent	1	0	2.22	.
MuscleGlycogen_cent	1	0	0.82	.

need for random slope, random int, unstructured

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Compound Symmetry
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	Profile
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	3
Columns in X	13
Columns in Z per Subject	1
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	427.39127910	0.00000009
2	1	427.39127467	0.00000000

Convergence criteria met but final Hessian is not positive definite.

need for random slope, random int, unstructured

The Mixed Procedure

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	3.3467	-0.06453	-0.06453
2	-0.06453	3.3467	-0.06453
3	-0.06453	-0.06453	3.3467

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	-0.01928	-0.01928
2	-0.01928	1.0000	-0.01928
3	-0.01928	-0.01928	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	10.9399

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	14.2866	10.8754	10.8754
2	10.8754	14.2866	10.8754
3	10.8754	10.8754	14.2866

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7612	0.7612
2	0.7612	1.0000	0.7612
3	0.7612	0.7612	1.0000

need for random slope, random int, unstructured

The Mixed Procedure

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	10.9399
CS	ID	-0.06453
Residual		3.4112

Fit Statistics	
-2 Res Log Likelihood	427.4
AIC (Smaller is Better)	433.4
AICC (Smaller is Better)	433.7
BIC (Smaller is Better)	437.6

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
2	50.99	<.0001

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.1899	1.1753	53	6.97	<.0001
Sex		M		5.5690	1.3258	53	4.20	0.0001
Days			90	1.6150	0.7002	53	2.31	0.0250
Days			93	1.2088	0.7736	53	1.56	0.1241
Days			0	0
Group*Days	HIIT		90	1.2428	1.4265	53	0.87	0.3875
Group*Days	HIIT		93	0.4413	1.4339	53	0.31	0.7595
Group*Days	HIIT		0	0.7599	1.4142	53	0.54	0.5933
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1674	0.08868	53	-1.89	0.0645
MuscleGlycogen_cent				-0.00260	0.002063	53	-1.26	0.2132

need for random slope, random int, unstructured

The Mixed Procedure

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	3.70	0.0599
Days	2	53	7.14	0.0018
Group*Days	3	53	0.36	0.7809
Fatmass_cent	1	53	3.56	0.0645
MuscleGlycogen_cent	1	53	1.59	0.2132

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Compound Symmetry
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	5
Columns in X	13
Columns in Z per Subject	1
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	431.16081594	0.02237492
2	1	427.32700904	0.00417549
3	1	426.65916521	0.00035690
4	1	426.59530242	0.00083113
5	4	426.56690787	0.00035316

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
6	1	426.50502731	0.00034825
7	1	426.43977333	0.00026652
8	1	426.40324398	0.00024743
9	1	426.35974060	0.00034263
10	3	426.33905186	0.00040623
11	2	426.25496492	0.00396464
12	4	426.19476680	0.00132033
13	3	425.90819472	.
14	1	425.57331460	0.00004437
15	1	425.56702831	0.00000004
16	1	425.56702334	0.00000000

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2942	11.0875	9.9272
2	11.0875	17.0028	11.6745
3	9.9272	11.6745	13.6304

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

The Mixed Procedure

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2942	11.0875	9.9272
2	11.0875	17.0028	11.6745
3	9.9272	11.6745	13.6304

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	0
Var(1)	ID	17.0028
Var(2)	ID	13.6304
Var(3)	ID	12.2942
CSH	ID	0.7669

Fit Statistics	
-2 Res Log Likelihood	425.6
AIC (Smaller is Better)	433.6
AICC (Smaller is Better)	434.1
BIC (Smaller is Better)	439.2

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
3	52.81	<.0001

The Mixed Procedure

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.2448	1.1060	53	7.45	<.0001
Sex		M		5.3643	1.2504	53	4.29	<.0001
Days			90	1.6259	0.7152	53	2.27	0.0271
Days			93	1.2138	0.7338	53	1.65	0.1040
Days			0	0
Group*Days	HIIT		90	1.3506	1.5482	53	0.87	0.3869
Group*Days	HIIT		93	0.5255	1.3998	53	0.38	0.7089
Group*Days	HIIT		0	0.8443	1.3144	53	0.64	0.5234
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1492	0.08557	53	-1.74	0.0871
MuscleGlycogen_cent				-0.00258	0.001999	53	-1.29	0.2029

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	4.75	0.0338
Days	2	53	6.99	0.0020
Group*Days	3	53	0.34	0.7980
Fatmass_cent	1	53	3.04	0.0871
MuscleGlycogen_cent	1	53	1.66	0.2029

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structure	Unstructured
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	7
Columns in X	13
Columns in Z per Subject	1
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	423.42323233	0.00033472
2	1	423.40988871	0.00000063
3	1	423.40984659	0.00000000

Convergence criteria met but final Hessian is not positive definite.

The Mixed Procedure

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	2.8736	2.8340	-0.1998
2	2.8340	8.3183	2.4473
3	-0.1998	2.4473	4.0666

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.5796	-0.05846
2	0.5796	1.0000	0.4208
3	-0.05846	0.4208	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	9.4257

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2993	12.2596	9.2258
2	12.2596	17.7440	11.8730
3	9.2258	11.8730	13.4923

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.8299	0.7162
2	0.8299	1.0000	0.7673
3	0.7162	0.7673	1.0000

The Mixed Procedure

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	9.4257
UN(1,1)	ID	8.3183
UN(2,1)	ID	2.4473
UN(2,2)	ID	4.0666
UN(3,1)	ID	2.8340
UN(3,2)	ID	-0.1998
UN(3,3)	ID	2.8736

Fit Statistics	
-2 Res Log Likelihood	423.4
AIC (Smaller is Better)	437.4
AICC (Smaller is Better)	439.0
BIC (Smaller is Better)	447.2

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
6	54.97	<.0001

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.2982	1.1000	53	7.54	<.0001
Sex		M		5.2972	1.2348	53	4.29	<.0001
Days			90	1.6389	0.6302	53	2.60	0.0120
Days			93	1.1010	0.7928	53	1.39	0.1707
Days			0	0
Group*Days	HIIT		90	1.3904	1.5771	53	0.88	0.3820
Group*Days	HIIT		93	0.5446	1.3922	53	0.39	0.6972
Group*Days	HIIT		0	0.9457	1.3128	53	0.72	0.4745
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1235	0.08294	53	-1.49	0.1425
MuscleGlycogen_cent				-0.00180	0.001988	53	-0.91	0.3690

The Mixed Procedure

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	5.45	0.0234
Days	2	53	8.87	0.0005
Group*Days	3	53	0.33	0.8025
Fatmass_cent	1	53	2.22	0.1425
MuscleGlycogen_cent	1	53	0.82	0.3690

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Autoregressive
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	5
Columns in X	13
Columns in Z per Subject	1
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	582.48908596	0.27920337
2	1	503.11157907	0.18122883
3	1	461.11834942	0.10390645
4	1	440.04916791	0.05083433
5	1	430.57249454	0.01976433

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
6	1	427.10125730	0.00531804
7	1	426.21059142	0.00105130
8	1	426.03332345	0.00021883
9	1	425.99830235	0.00001750
10	1	425.99572141	0.00000015
11	1	425.99570033	0.00000000

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	2.8686	0.4248	-0.9259
2	0.4248	3.6007	-1.0373
3	-0.9259	-1.0373	2.2607

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.1322	-0.3636
2	0.1322	1.0000	-0.3636
3	-0.3636	-0.3636	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	11.2284

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	14.0970	11.6533	10.3026
2	11.6533	14.8291	10.1911
3	10.3026	10.1911	13.4892

The Mixed Procedure

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.8060	0.7471
2	0.8060	1.0000	0.7206
3	0.7471	0.7206	1.0000

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	11.2284
Var(1)	ID	3.6007
Var(2)	ID	2.2607
Var(3)	ID	2.8686
ARH(1)	ID	-0.3636

Fit Statistics	
-2 Res Log Likelihood	426.0
AIC (Smaller is Better)	436.0
AICC (Smaller is Better)	436.8
BIC (Smaller is Better)	443.0

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
4	52.38	<.0001

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.1779	1.1644	53	7.02	<.0001
Sex		M		5.6011	1.3156	53	4.26	<.0001
Days			90	1.6229	0.6358	53	2.55	0.0136
Days			93	1.1452	0.7781	53	1.47	0.1470
Days			0	0
Group*Days	HIIT		90	1.2344	1.4499	53	0.85	0.3984
Group*Days	HIIT		93	0.4466	1.3948	53	0.32	0.7501
Group*Days	HIIT		0	0.8118	1.4040	53	0.58	0.5656
Group*Days	MICT		90	0

The Mixed Procedure

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1518	0.08696	53	-1.75	0.0866
MuscleGlycogen_cent				-0.00216	0.002020	53	-1.07	0.2902

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	3.66	0.0611
Days	2	53	8.37	0.0007
Group*Days	3	53	0.31	0.8202
Fatmass_cent	1	53	3.05	0.0866
MuscleGlycogen_cent	1	53	1.14	0.2902

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Autoregressive
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	5
Columns in X	13
Columns in Z per Subject	1
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	582.48908596	0.27920337
2	1	503.11157907	0.18122883
3	1	461.11834942	0.10390645
4	1	440.04916791	0.05083433
5	1	430.57249454	0.01976433

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
6	1	427.10125730	0.00531804
7	1	426.21059142	0.00105130
8	1	426.03332345	0.00021883
9	1	425.99830235	0.00001750
10	1	425.99572141	0.00000015
11	1	425.99570033	0.00000000

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	2.8686	0.4248	-0.9259
2	0.4248	3.6007	-1.0373
3	-0.9259	-1.0373	2.2607

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.1322	-0.3636
2	0.1322	1.0000	-0.3636
3	-0.3636	-0.3636	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	11.2284

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	14.0970	11.6533	10.3026
2	11.6533	14.8291	10.1911
3	10.3026	10.1911	13.4892

The Mixed Procedure

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.8060	0.7471
2	0.8060	1.0000	0.7206
3	0.7471	0.7206	1.0000

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	11.2284
Var(1)	ID	3.6007
Var(2)	ID	2.2607
Var(3)	ID	2.8686
ARH(1)	ID	-0.3636

Fit Statistics	
-2 Res Log Likelihood	426.0
AIC (Smaller is Better)	436.0
AICC (Smaller is Better)	436.8
BIC (Smaller is Better)	443.0

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
4	52.38	<.0001

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.1779	1.1644	53	7.02	<.0001
Sex		M		5.6011	1.3156	53	4.26	<.0001
Days			90	1.6229	0.6358	53	2.55	0.0136
Days			93	1.1452	0.7781	53	1.47	0.1470
Days			0	0
Group*Days	HIIT		90	1.2344	1.4499	53	0.85	0.3984
Group*Days	HIIT		93	0.4466	1.3948	53	0.32	0.7501
Group*Days	HIIT		0	0.8118	1.4040	53	0.58	0.5656
Group*Days	MICT		90	0

The Mixed Procedure

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1518	0.08696	53	-1.75	0.0866
MuscleGlycogen_cent				-0.00216	0.002020	53	-1.07	0.2902

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	3.66	0.0611
Days	2	53	8.37	0.0007
Group*Days	3	53	0.31	0.8202
Fatmass_cent	1	53	3.05	0.0866
MuscleGlycogen_cent	1	53	1.14	0.2902

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Compound Symmetry
Subject Effects	ID, ID
Group Effect	Group
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	6
Columns in X	13
Columns in Z per Subject	2
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	430.75696466	0.02081472
2	1	427.20675570	0.00371786
3	1	426.61448757	0.00035392
4	1	426.54900888	0.00038184

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
5	1	426.50495804	0.00056106
6	1	426.40871602	0.00050122
7	3	426.36852278	0.00030055
8	1	426.31290713	0.00039553
9	3	426.27597775	0.00048631
10	2	426.17813687	0.00143667
11	2	426.03929826	0.00249143
12	3	425.44213897	.
13	2	425.37137733	0.00001432
14	1	425.36934144	0.00000002
15	1	425.36933895	0.00000000

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	11.0900	9.8622	8.6671
2	9.8622	15.8207	10.3519
3	8.6671	10.3519	12.2189

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7446	0.7446
2	0.7446	1.0000	0.7446
3	0.7446	0.7446	1.0000

Estimated G Matrix					
Row	Effect	ID	Group	Col1	Col2
1	Intercept	1	HIIT		
2	Intercept	1	MICT		2.7531

Estimated G Correlation Matrix					
Row	Effect	ID	Group	Col1	Col2
1	Intercept	1	HIIT	1.0000	
2	Intercept	1	MICT		1.0000

The Mixed Procedure

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	11.0900	9.8622	8.6671
2	9.8622	15.8207	10.3519
3	8.6671	10.3519	12.2189

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7446	0.7446
2	0.7446	1.0000	0.7446
3	0.7446	0.7446	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates			
Cov Parm	Subject	Group	Estimate
UN(1,1)	ID	Group HIIT	0
UN(1,1)	ID	Group MICT	2.7531
Var(1)	ID		15.8207
Var(2)	ID		12.2189
Var(3)	ID		11.0900
CSH	ID		0.7446

Fit Statistics	
-2 Res Log Likelihood	425.4
AIC (Smaller is Better)	435.4
AICC (Smaller is Better)	436.2
BIC (Smaller is Better)	442.4

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
4	53.01	<.0001

The Mixed Procedure

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.2362	1.1492	53	7.17	<.0001
Sex		M		5.3331	1.2885	53	4.14	0.0001
Days			90	1.6275	0.7184	53	2.27	0.0276
Days			93	1.2382	0.7283	53	1.70	0.0950
Days			0	0
Group*Days	HIIT		90	1.3689	1.5610	53	0.88	0.3845
Group*Days	HIIT		93	0.5498	1.4028	53	0.39	0.6967
Group*Days	HIIT		0	0.8522	1.3284	53	0.64	0.5239
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1473	0.08559	53	-1.72	0.0911
MuscleGlycogen_cent				-0.00272	0.001988	53	-1.37	0.1764

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	4.98	0.0299
Days	2	53	6.99	0.0020
Group*Days	3	53	0.33	0.8009
Fatmass_cent	1	53	2.96	0.0911
MuscleGlycogen_cent	1	53	1.88	0.1764

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Compound Symmetry
Subject Effects	ID, ID
Group Effect	Sex
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	6
Columns in X	13
Columns in Z per Subject	2
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	430.98905547	0.02266586
2	1	427.12095169	0.00421204
3	1	426.44364868	0.00089565
4	3	426.36326264	0.00103852

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
5	1	426.15954161	0.00126744
6	1	426.12001862	0.00201871
7	1	425.80865010	0.00077037
8	4	425.73339529	0.00070114
9	2	425.59282404	0.00193052
10	2	425.39910464	0.00228359
11	3	425.15549173	0.00077781
12	2	425.03634027	0.00003464
13	1	425.03132302	0.00000016
14	1	425.03130060	0.00000000

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	9.3453	8.2527	7.3396
2	8.2527	14.2674	9.0687
3	7.3396	9.0687	11.2847

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7147	0.7147
2	0.7147	1.0000	0.7147
3	0.7147	0.7147	1.0000

Estimated G Matrix					
Row	Effect	ID	Sex	Col1	Col2
1	Intercept	1	F	4.5368	
2	Intercept	1	M		

Estimated G Correlation Matrix					
Row	Effect	ID	Sex	Col1	Col2
1	Intercept	1	F	1.0000	
2	Intercept	1	M		1.0000

The Mixed Procedure

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	9.3453	8.2527	7.3396
2	8.2527	14.2674	9.0687
3	7.3396	9.0687	11.2847

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7147	0.7147
2	0.7147	1.0000	0.7147
3	0.7147	0.7147	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates			
Cov Parm	Subject	Group	Estimate
UN(1,1)	ID	Sex F	4.5368
UN(1,1)	ID	Sex M	0
Var(1)	ID		14.2674
Var(2)	ID		11.2847
Var(3)	ID		9.3453
CSH	ID		0.7147

Fit Statistics	
-2 Res Log Likelihood	425.0
AIC (Smaller is Better)	435.0
AICC (Smaller is Better)	435.8
BIC (Smaller is Better)	442.0

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
4	53.35	<.0001

The Mixed Procedure

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.3219	1.1292	27	7.37	<.0001
Sex		M		5.4049	1.1432	27	4.73	<.0001
Days			90	1.6216	0.7144	53	2.27	0.0273
Days			93	1.1862	0.7272	53	1.63	0.1088
Days			0	0
Group*Days	HIIT		90	1.2482	1.5189	53	0.82	0.4149
Group*Days	HIIT		93	0.4194	1.3861	53	0.30	0.7634
Group*Days	HIIT		0	0.7558	1.2668	53	0.60	0.5533
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1555	0.08487	53	-1.83	0.0725
MuscleGlycogen_cent				-0.00242	0.001986	53	-1.22	0.2276

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	27	5.23	0.0303
Days	2	53	6.92	0.0021
Group*Days	3	53	0.32	0.8101
Fatmass_cent	1	53	3.36	0.0725
MuscleGlycogen_cent	1	53	1.49	0.2276

need for SexGroup specific var cov matrix

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Compound Symmetry
Subject Effects	ID, ID
Group Effect	Group*Sex
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	8
Columns in X	13
Columns in Z per Subject	4
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	430.18959767	0.02018436
2	1	426.78023656	0.00346552
3	1	426.22797760	0.00081207
4	3	426.19349769	0.00110266

need for SexGroup specific var cov matrix

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
5	1	425.99727531	0.00183909
6	3	425.93601162	0.00116965
7	1	425.74366965	0.00076037
8	3	425.67090425	0.00065580
9	2	425.53256097	0.00287947
10	2	425.34994352	0.00270706
11	3	424.95425063	0.00123496
12	3	424.91722901	0.00084540
13	2	424.78544684	0.00005126
14	2	424.77796715	0.00000036
15	1	424.77791692	0.00000000

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	9.7185	8.5840	7.4744
2	8.5840	14.6531	9.1778
3	7.4744	9.1778	11.1096

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7193	0.7193
2	0.7193	1.0000	0.7193
3	0.7193	0.7193	1.0000

Estimated G Matrix								
Row	Effect	ID	Group	Sex	Col1	Col2	Col3	Col4
1	Intercept	1	HIIT	F	1.7802			
2	Intercept	1	HIIT	M				
3	Intercept	1	MICT	F			6.5909	
4	Intercept	1	MICT	M				

need for SexGroup specific var cov matrix

The Mixed Procedure

Estimated G Correlation Matrix								
Row	Effect	ID	Group	Sex	Col1	Col2	Col3	Col4
1	Intercept	1	HIIT	F	1.0000			
2	Intercept	1	HIIT	M		1.0000		
3	Intercept	1	MICT	F			1.0000	
4	Intercept	1	MICT	M				1.0000

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	9.7185	8.5840	7.4744
2	8.5840	14.6531	9.1778
3	7.4744	9.1778	11.1096

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7193	0.7193
2	0.7193	1.0000	0.7193
3	0.7193	0.7193	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates			
Cov Parm	Subject	Group	Estimate
UN(1,1)	ID	Group*Sex HIIT F	1.7802
UN(1,1)	ID	Group*Sex HIIT M	0
UN(1,1)	ID	Group*Sex MICT F	6.5909
UN(1,1)	ID	Group*Sex MICT M	0
Var(1)	ID		14.6531
Var(2)	ID		11.1096
Var(3)	ID		9.7185
CSH	ID		0.7193

Fit Statistics	
-2 Res Log Likelihood	424.8
AIC (Smaller is Better)	436.8
AICC (Smaller is Better)	437.9
BIC (Smaller is Better)	445.2

need for SexGroup specific var cov matrix

The Mixed Procedure

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
5	53.60	<.0001

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.2979	1.1780	27	7.04	<.0001
Sex		M		5.3966	1.1572	27	4.66	<.0001
Days			90	1.6272	0.7192	53	2.26	0.0278
Days			93	1.2232	0.7230	53	1.69	0.0966
Days			0	0
Group*Days	HIIT		90	1.2941	1.5301	53	0.85	0.4015
Group*Days	HIIT		93	0.4723	1.3707	53	0.34	0.7318
Group*Days	HIIT		0	0.7850	1.2797	53	0.61	0.5422
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1474	0.08425	53	-1.75	0.0860
MuscleGlycogen_cent				-0.00263	0.001977	53	-1.33	0.1890

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	27	5.35	0.0286
Days	2	53	6.95	0.0021
Group*Days	3	53	0.32	0.8102
Fatmass_cent	1	53	3.06	0.0860
MuscleGlycogen_cent	1	53	1.77	0.1890

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Compound Symmetry
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	5
Columns in X	13
Columns in Z per Subject	1
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	431.16081594	0.02237492
2	1	427.32700904	0.00417549
3	1	426.65916521	0.00035690
4	1	426.59530242	0.00083113
5	4	426.56690787	0.00035316

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
6	1	426.50502731	0.00034825
7	1	426.43977333	0.00026652
8	1	426.40324398	0.00024743
9	1	426.35974060	0.00034263
10	3	426.33905186	0.00040623
11	2	426.25496492	0.00396464
12	4	426.19476680	0.00132033
13	3	425.90819472	.
14	1	425.57331460	0.00004437
15	1	425.56702831	0.00000004
16	1	425.56702334	0.00000000

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2942	11.0875	9.9272
2	11.0875	17.0028	11.6745
3	9.9272	11.6745	13.6304

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

The Mixed Procedure

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2942	11.0875	9.9272
2	11.0875	17.0028	11.6745
3	9.9272	11.6745	13.6304

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	0
Var(1)	ID	17.0028
Var(2)	ID	13.6304
Var(3)	ID	12.2942
CSH	ID	0.7669

Fit Statistics	
-2 Res Log Likelihood	425.6
AIC (Smaller is Better)	433.6
AICC (Smaller is Better)	434.1
BIC (Smaller is Better)	439.2

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
3	52.81	<.0001

The Mixed Procedure

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.2448	1.1060	53	7.45	<.0001
Sex		M		5.3643	1.2504	53	4.29	<.0001
Days			90	1.6259	0.7152	53	2.27	0.0271
Days			93	1.2138	0.7338	53	1.65	0.1040
Days			0	0
Group*Days	HIIT		90	1.3506	1.5482	53	0.87	0.3869
Group*Days	HIIT		93	0.5255	1.3998	53	0.38	0.7089
Group*Days	HIIT		0	0.8443	1.3144	53	0.64	0.5234
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1492	0.08557	53	-1.74	0.0871
MuscleGlycogen_cent				-0.00258	0.001999	53	-1.29	0.2029

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	4.75	0.0338
Days	2	53	6.99	0.0020
Group*Days	3	53	0.34	0.7980
Fatmass_cent	1	53	3.04	0.0871
MuscleGlycogen_cent	1	53	1.66	0.2029

Coefficients for Day 90 vs 93				
Effect	Group	Sex	Days	Row1
Sex		F		
Sex		M		
Days			90	1
Days			93	-1
Days			0	
Group*Days	HIIT		90	0.5
Group*Days	HIIT		93	-0.5
Group*Days	HIIT		0	
Group*Days	MICT		90	0.5
Group*Days	MICT		93	-0.5

The Mixed Procedure

Coefficients for Day 90 vs 93				
Effect	Group	Sex	Days	Row1
Group*Days	MICT		0	
Fatmass_cent				
MuscleGlycogen_cent				

Coefficients for change with time between groups				
Effect	Group	Sex	Days	Row1
Sex		F		
Sex		M		
Days			90	1
Days			93	
Days			0	
Group*Days	HIIT		90	1
Group*Days	HIIT		93	
Group*Days	HIIT		0	
Group*Days	MICT		90	
Group*Days	MICT		93	
Group*Days	MICT		0	
Fatmass_cent				
MuscleGlycogen_cent				

Contrasts				
Label	Num DF	Den DF	F Value	Pr > F
Day 90 vs 93	1	53	1.82	0.1836
change with time between groups

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Compound Symmetry
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	5
Columns in X	13
Columns in Z per Subject	1
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	431.16081594	0.02237492
2	1	427.32700904	0.00417549
3	1	426.65916521	0.00035690
4	1	426.59530242	0.00083113
5	4	426.56690787	0.00035316

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
6	1	426.50502731	0.00034825
7	1	426.43977333	0.00026652
8	1	426.40324398	0.00024743
9	1	426.35974060	0.00034263
10	3	426.33905186	0.00040623
11	2	426.25496492	0.00396464
12	4	426.19476680	0.00132033
13	3	425.90819472	.
14	1	425.57331460	0.00004437
15	1	425.56702831	0.00000004
16	1	425.56702334	0.00000000

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2942	11.0875	9.9272
2	11.0875	17.0028	11.6745
3	9.9272	11.6745	13.6304

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

The Mixed Procedure

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2942	11.0875	9.9272
2	11.0875	17.0028	11.6745
3	9.9272	11.6745	13.6304

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	0
Var(1)	ID	17.0028
Var(2)	ID	13.6304
Var(3)	ID	12.2942
CSH	ID	0.7669

Fit Statistics	
-2 Res Log Likelihood	425.6
AIC (Smaller is Better)	433.6
AICC (Smaller is Better)	434.1
BIC (Smaller is Better)	439.2

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
3	52.81	<.0001

The Mixed Procedure

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.2448	1.1060	53	7.45	<.0001
Sex		M		5.3643	1.2504	53	4.29	<.0001
Days			90	1.6259	0.7152	53	2.27	0.0271
Days			93	1.2138	0.7338	53	1.65	0.1040
Days			0	0
Group*Days	HIIT		90	1.3506	1.5482	53	0.87	0.3869
Group*Days	HIIT		93	0.5255	1.3998	53	0.38	0.7089
Group*Days	HIIT		0	0.8443	1.3144	53	0.64	0.5234
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1492	0.08557	53	-1.74	0.0871
MuscleGlycogen_cent				-0.00258	0.001999	53	-1.29	0.2029

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	4.75	0.0338
Days	2	53	6.99	0.0020
Group*Days	3	53	0.34	0.7980
Fatmass_cent	1	53	3.04	0.0871
MuscleGlycogen_cent	1	53	1.66	0.2029

Coefficients for Day 90 vs 93				
Effect	Group	Sex	Days	Row1
Sex		F		
Sex		M		
Days			90	1
Days			93	-1
Days			0	
Group*Days	HIIT		90	0.5
Group*Days	HIIT		93	-0.5
Group*Days	HIIT		0	
Group*Days	MICT		90	0.5
Group*Days	MICT		93	-0.5

The Mixed Procedure

Coefficients for Day 90 vs 93				
Effect	Group	Sex	Days	Row1
Group*Days	MICT		0	
Fatmass_cent				
MuscleGlycogen_cent				

Coefficients for change with time between groups				
Effect	Group	Sex	Days	Row1
Sex		F		
Sex		M		
Days			90	1
Days			93	
Days			0	
Group*Days	HIIT		90	-1
Group*Days	HIIT		93	
Group*Days	HIIT		0	
Group*Days	MICT		90	
Group*Days	MICT		93	
Group*Days	MICT		0	
Fatmass_cent				
MuscleGlycogen_cent				

Contrasts				
Label	Num DF	Den DF	F Value	Pr > F
Day 90 vs 93	1	53	1.82	0.1836
change with time between groups

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Compound Symmetry
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	5
Columns in X	13
Columns in Z per Subject	1
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	431.16081594	0.02237492
2	1	427.32700904	0.00417549
3	1	426.65916521	0.00035690
4	1	426.59530242	0.00083113
5	4	426.56690787	0.00035316

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
6	1	426.50502731	0.00034825
7	1	426.43977333	0.00026652
8	1	426.40324398	0.00024743
9	1	426.35974060	0.00034263
10	3	426.33905186	0.00040623
11	2	426.25496492	0.00396464
12	4	426.19476680	0.00132033
13	3	425.90819472	.
14	1	425.57331460	0.00004437
15	1	425.56702831	0.00000004
16	1	425.56702334	0.00000000

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2942	11.0875	9.9272
2	11.0875	17.0028	11.6745
3	9.9272	11.6745	13.6304

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

The Mixed Procedure

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2942	11.0875	9.9272
2	11.0875	17.0028	11.6745
3	9.9272	11.6745	13.6304

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	0
Var(1)	ID	17.0028
Var(2)	ID	13.6304
Var(3)	ID	12.2942
CSH	ID	0.7669

Fit Statistics	
-2 Res Log Likelihood	425.6
AIC (Smaller is Better)	433.6
AICC (Smaller is Better)	434.1
BIC (Smaller is Better)	439.2

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
3	52.81	<.0001

The Mixed Procedure

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.2448	1.1060	53	7.45	<.0001
Sex		M		5.3643	1.2504	53	4.29	<.0001
Days			90	1.6259	0.7152	53	2.27	0.0271
Days			93	1.2138	0.7338	53	1.65	0.1040
Days			0	0
Group*Days	HIIT		90	1.3506	1.5482	53	0.87	0.3869
Group*Days	HIIT		93	0.5255	1.3998	53	0.38	0.7089
Group*Days	HIIT		0	0.8443	1.3144	53	0.64	0.5234
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1492	0.08557	53	-1.74	0.0871
MuscleGlycogen_cent				-0.00258	0.001999	53	-1.29	0.2029

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	4.75	0.0338
Days	2	53	6.99	0.0020
Group*Days	3	53	0.34	0.7980
Fatmass_cent	1	53	3.04	0.0871
MuscleGlycogen_cent	1	53	1.66	0.2029

Coefficients for Day 90 vs 93				
Effect	Group	Sex	Days	Row1
Sex		F		
Sex		M		
Days			90	1
Days			93	-1
Days			0	
Group*Days	HIIT		90	0.5
Group*Days	HIIT		93	-0.5
Group*Days	HIIT		0	
Group*Days	MICT		90	0.5
Group*Days	MICT		93	-0.5

The Mixed Procedure

Coefficients for Day 90 vs 93				
Effect	Group	Sex	Days	Row1
Group*Days	MICT		0	
Fatmass_cent				
MuscleGlycogen_cent				

Coefficients for change with time between groups				
Effect	Group	Sex	Days	Row1
Sex		F		
Sex		M		
Days			90	1
Days			93	
Days			0	
Group*Days	HIIT		90	-1
Group*Days	HIIT		93	
Group*Days	HIIT		0	
Group*Days	MICT		90	
Group*Days	MICT		93	
Group*Days	MICT		0	
Fatmass_cent				
MuscleGlycogen_cent				

Contrasts				
Label	Num DF	Den DF	F Value	Pr > F
Day 90 vs 93	1	53	1.82	0.1836
change with time between groups

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Compound Symmetry
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	5
Columns in X	13
Columns in Z per Subject	1
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
0	1	478.37905891	
1	2	431.16081594	0.02237492
2	1	427.32700904	0.00417549
3	1	426.65916521	0.00035690
4	1	426.59530242	0.00083113
5	4	426.56690787	0.00035316

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
6	1	426.50502731	0.00034825
7	1	426.43977333	0.00026652
8	1	426.40324398	0.00024743
9	1	426.35974060	0.00034263
10	3	426.33905186	0.00040623
11	2	426.25496492	0.00396464
12	4	426.19476680	0.00132033
13	3	425.90819472	.
14	1	425.57331460	0.00004437
15	1	425.56702831	0.00000004
16	1	425.56702334	0.00000000

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2942	11.0875	9.9272
2	11.0875	17.0028	11.6745
3	9.9272	11.6745	13.6304

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

The Mixed Procedure

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2942	11.0875	9.9272
2	11.0875	17.0028	11.6745
3	9.9272	11.6745	13.6304

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	0
Var(1)	ID	17.0028
Var(2)	ID	13.6304
Var(3)	ID	12.2942
CSH	ID	0.7669

Fit Statistics	
-2 Res Log Likelihood	425.6
AIC (Smaller is Better)	433.6
AICC (Smaller is Better)	434.1
BIC (Smaller is Better)	439.2

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
3	52.81	<.0001

The Mixed Procedure

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
Sex		F		8.2448	1.1060	53	7.45	<.0001
Sex		M		5.3643	1.2504	53	4.29	<.0001
Days			90	1.6259	0.7152	53	2.27	0.0271
Days			93	1.2138	0.7338	53	1.65	0.1040
Days			0	0
Group*Days	HIIT		90	1.3506	1.5482	53	0.87	0.3869
Group*Days	HIIT		93	0.5255	1.3998	53	0.38	0.7089
Group*Days	HIIT		0	0.8443	1.3144	53	0.64	0.5234
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1492	0.08557	53	-1.74	0.0871
MuscleGlycogen_cent				-0.00258	0.001999	53	-1.29	0.2029

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	4.75	0.0338
Days	2	53	6.99	0.0020
Group*Days	3	53	0.34	0.7980
Fatmass_cent	1	53	3.04	0.0871
MuscleGlycogen_cent	1	53	1.66	0.2029

Coefficients for Day 90 vs 93				
Effect	Group	Sex	Days	Row1
Sex		F		
Sex		M		
Days			90	1
Days			93	-1
Days			0	
Group*Days	HIIT		90	0.5
Group*Days	HIIT		93	-0.5
Group*Days	HIIT		0	
Group*Days	MICT		90	0.5
Group*Days	MICT		93	-0.5

The Mixed Procedure

Coefficients for Day 90 vs 93				
Effect	Group	Sex	Days	Row1
Group*Days	MICT		0	
Fatmass_cent				
MuscleGlycogen_cent				

Coefficients for change with time between groups				
Effect	Group	Sex	Days	Row1
Sex		F		
Sex		M		
Days			90	1
Days			93	
Days			0	
Group*Days	HIIT		90	
Group*Days	HIIT		93	
Group*Days	HIIT		0	
Group*Days	MICT		90	-1
Group*Days	MICT		93	
Group*Days	MICT		0	
Fatmass_cent				
MuscleGlycogen_cent				

Contrasts				
Label	Num DF	Den DF	F Value	Pr > F
Day 90 vs 93	1	53	1.82	0.1836
change with time between groups

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Compound Symmetry
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	Levels	Values
ID	30	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 7 8 9
Group	2	HIIT MICT
Sex	2	F M
Days	3	90 93 0

Dimensions	
Covariance Parameters	5
Columns in X	13
Columns in Z per Subject	1
Subjects	30
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	89
Number of Observations Not Used	4

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
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5	4	426.56690787	0.00035316

The Mixed Procedure

Iteration History			
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6	1	426.50502731	0.00034825
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12	4	426.19476680	0.00132033
13	3	425.90819472	.
14	1	425.57331460	0.00004437
15	1	425.56702831	0.00000004
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Convergence criteria met.

Estimated R Matrix for ID 1			
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2	11.0875	17.0028	11.6745
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Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

The Mixed Procedure

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	12.2942	11.0875	9.9272
2	11.0875	17.0028	11.6745
3	9.9272	11.6745	13.6304

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7669	0.7669
2	0.7669	1.0000	0.7669
3	0.7669	0.7669	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
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Var(3)	ID	12.2942
CSH	ID	0.7669

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-2 Res Log Likelihood	425.6
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BIC (Smaller is Better)	439.2

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
3	52.81	<.0001

The Mixed Procedure

Solution for Fixed Effects								
Effect	Group	Sex	Days	Estimate	Standard Error	DF	t Value	Pr > t
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Sex		M		5.3643	1.2504	53	4.29	<.0001
Days			90	1.6259	0.7152	53	2.27	0.0271
Days			93	1.2138	0.7338	53	1.65	0.1040
Days			0	0
Group*Days	HIIT		90	1.3506	1.5482	53	0.87	0.3869
Group*Days	HIIT		93	0.5255	1.3998	53	0.38	0.7089
Group*Days	HIIT		0	0.8443	1.3144	53	0.64	0.5234
Group*Days	MICT		90	0
Group*Days	MICT		93	0
Group*Days	MICT		0	0
Fatmass_cent				-0.1492	0.08557	53	-1.74	0.0871
MuscleGlycogen_cent				-0.00258	0.001999	53	-1.29	0.2029

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	1	53	4.75	0.0338
Days	2	53	6.99	0.0020
Group*Days	3	53	0.34	0.7980
Fatmass_cent	1	53	3.04	0.0871
MuscleGlycogen_cent	1	53	1.66	0.2029

Coefficients for Day 90 vs 93				
Effect	Group	Sex	Days	Row1
Sex		F		
Sex		M		
Days			90	1
Days			93	-1
Days			0	
Group*Days	HIIT		90	0.5
Group*Days	HIIT		93	-0.5
Group*Days	HIIT		0	
Group*Days	MICT		90	0.5
Group*Days	MICT		93	-0.5

The Mixed Procedure

Coefficients for Day 90 vs 93				
Effect	Group	Sex	Days	Row1
Group*Days	MICT		0	
Fatmass_cent				
MuscleGlycogen_cent				

Coefficients for change with time between groups				
Effect	Group	Sex	Days	Row1
Sex		F		
Sex		M		
Days			90	1
Days			93	-1
Days			0	
Group*Days	HIIT		90	1
Group*Days	HIIT		93	-1
Group*Days	HIIT		0	
Group*Days	MICT		90	
Group*Days	MICT		93	
Group*Days	MICT		0	
Fatmass_cent				
MuscleGlycogen_cent				

Contrasts				
Label	Num DF	Den DF	F Value	Pr > F
Day 90 vs 93	1	53	1.82	0.1836
change with time between groups	1	53	2.42	0.1260