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

Obs	ID	Sex	Group	Days	Fatmass	MuscleGlycogen	GIRperkgFFMperinsulin	Fatmass_cent	MuscleGlycogen_cent
1	1	M	HIIT	0	43.1473	517.538	2.6919	2.4673	-77.868
2	1	M	HIIT	90	44.4567	623.147	6.7656	3.7767	27.741
3	1	M	HIIT	93	44.4567	726.587	6.1666	3.7767	131.181
4	4	F	MICT	0	39.6760	506.638	5.1617	-1.0040	-88.768
5	4	F	MICT	90	38.2872	766.439	6.2406	-2.3928	171.033
6	4	F	MICT	93	38.2448	628.304	4.8547	-2.4352	32.898
7	6	M	MICT	0	49.7871	519.121	4.6351	9.1071	-76.285
8	6	M	MICT	90	48.5135	553.229	4.6936	7.8335	-42.176
9	6	M	MICT	93	49.7170	832.371	4.4599	9.0370	236.965
10	7	F	MICT	0	44.8836	585.228	13.7358	4.2036	-10.177

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 betweendays						
Effect	**Group**	**Sex**	**Days**	**Row1**	**Row2**	**Row3**
Sex		F				
Sex		M				
Days			90	1		1
Days			93	-1	1	
Days			0		-1	-1
Group*Days	HIIT		90	0.5		0.5
Group*Days	HIIT		93	-0.5	0.5	
Group*Days	HIIT		0		-0.5	-0.5
Group*Days	MICT		90	0.5		0.5
Group*Days	MICT		93	-0.5	0.5	

The Mixed Procedure

Coefficients for betweendays						
Effect	Group	Sex	Days	Row1	Row2	Row3
Group*Days	MICT		0		-0.5	-0.5
Fatmass_cent						
MuscleGlycogen_cent						

Coefficients for day93 vs day0				
Effect	Group	Sex	Days	Row1
Sex		F		
Sex		M		
Days			90	
Days			93	1
Days			0	-1
Group*Days	HIIT		90	
Group*Days	HIIT		93	0.5
Group*Days	HIIT		0	-0.5
Group*Days	MICT		90	
Group*Days	MICT		93	0.5
Group*Days	MICT		0	-0.5
Fatmass_cent				
MuscleGlycogen_cent				

Coefficients for day93 vs day90				
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
Group*Days	MICT		0	
Fatmass_cent				
MuscleGlycogen_cent				

The Mixed Procedure

Coefficients for day90 vs day0				
Effect	**Group**	**Sex**	**Days**	**Row1**
Sex		F		
Sex		M		
Days			90	1
Days			93	
Days			0	-1
Group*Days	HIIT		90	0.5
Group*Days	HIIT		93	
Group*Days	HIIT		0	-0.5
Group*Days	MICT		90	0.5
Group*Days	MICT		93	
Group*Days	MICT		0	-0.5
Fatmass_cent				
MuscleGlycogen_cent				

Coefficients for Grp*Days over time1						
Effect	**Group**	**Sex**	**Days**	**Row1**	**Row2**	**Row3**
Sex		F				
Sex		M				
Days			90	1		1
Days			93	-1	1	
Days			0		-1	-1
Group*Days	HIIT		90	1		1
Group*Days	HIIT		93	-1	1	
Group*Days	HIIT		0		-1	-1
Group*Days	MICT		90			
Group*Days	MICT		93			
Group*Days	MICT		0			
Fatmass_cent						
MuscleGlycogen_cent						

The Mixed Procedure

Coefficients for Grp*Days over time2						
Effect	**Group**	**Sex**	**Days**	**Row1**	**Row2**	**Row3**
Sex		F				
Sex		M				
Days			90			
Days			93			
Days			0			
Group*Days	HIIT		90	1		1
Group*Days	HIIT		93	-1	1	
Group*Days	HIIT		0		-1	-1
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**
betweendays	2	53	6.99	0.0020
day93 vs day0	1	53	2.84	0.0977
day93 vs day90	1	53	1.82	0.1836
day90 vs day0	1	53	13.97	0.0005
Grp*Days over time1	2	53	4.68	0.0135
Grp*Days over time2	.	.	.	.