**Table 2a.** Participant characteristics of a cohort of thirty-nine resistance trained adult males and females that either habitually consumed or did not consume breakfast and participated in a randomized crossover investigation seeking to elicit the impact of breakfast consumption on afternoon resistance training performance in an isoenergetic state.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Group  (Sample size) | Age (yrs) | Height (cm) | Weight (kg) | BMI (kg/m2) | DXA Body Fat (%) | Years Trained (yrs) | Squat 1RMb (kg) | Relativec Squat 1RMb | Bench 1RMb (kg) | Relativec Bench 1RMb | Deadlift 1RMb (kg) | Relativec Deadlift 1RMb | Wilks Coefficient |
| Full Sample (39) | 22  (18-38) | 171 (149.2-183.6) | 76.9  (50.5-101.6) | 26.4 (21.4 – 32.1) | 24.5  (13-39.9) | 5  (1-17) | 120.5  (65.9-225) | 1.7  (1.1-2.4) | 84.1  (34.1-154.5) | 1.1  (0.6-1.6) | 143.2  (75-272.7) | 1.9  (1.1-2.8) | 277.2  (202.4-394.5) |
| Males  (20) | 22  (18-38) | 173.1  (162.2-183.6) | 81.1  (63.6-101.6) | 27.1 (22.4 – 31.4) | 20.3  (13-28) | 4  (1-16) | 165.9  (120.5-225) | 2  (1.4-2.4) | 111.4  (84.1-154.5) | 1.4  (1.1-1.6) | 183  (143-272.8) | 2.2  (1.8-2.8) | 311.2  (259.8-394.5) |
| Females  (19) | 22  (18-31) | 164.4  (149.2-174.8) | 66.3  (50.5-94.1) | 25.6 (21.4 – 32.1) | 31.2  (20.4-39.9) | 5  (1.5-17) | 86.4  (65.9-115.9) | 1.2  (1.1-1.8) | 47.7  (34.1-70.5) | 0.6  (0.5-1.1) | 102.3  (75-131.8) | 1.5  (1.1-2) | 236.2  (202.4-312.4) |
| Consumers (19) | 22  (18-37) | 169.6  (149.2-180) | 74.8  (56.4-101.6) | 25.6 (21.8 – 32.1) | 23.6  (13-39.1) | 5  (1.5-16) | 125  (65.9-225) | 1.7  (1.1-2.4) | 84.1  (34.1-154.5) | 1.1  (0.6-1.6) | 143.2  (86.4-272.7) | 2.1  (1.1-2.7) | 285.3  (202.4-394.5) |
| Non-Consumers (20) | 21  (18-38) | 172.6  (152.4-183.6) | 80.2  (50.5-101.3) | 27.1 (21.4 – 31.7) | 26.3  (15.1-39.9) | 5  (1-17) | 117  (68.2-211.4) | 1.6  (1.1-2.4) | 83  (36.4-143.2) | 1.1  (0.5-1.6) | 139.8  (75-227.3) | 1.8  (1.2-2.8) | 269  (209.1-362.1) |
| Male Consumers (10) | 22  (18-37) | 172.2  (162.2-180) | 76.4  (63.6-101.6) | 26.0 (22.4 – 31.39) | 17.2  (13-23.6) | 5  (1.5-16) | 150  (125-225) | 2.1  (1.6-2.4) | 106.8  (84.1-154.5) | 1.4  (1.1-1.6) | 183  (143.2-272.7) | 2.3  (2.1-2.7) | 320  (273.9-394.5) |
| Male Non-Consumers (10) | 22  (18-38) | 174.7  (171-183.6) | 85.3  (70.7-101.3) | 28.3 (24.2 – 31.4) | 20.5  (15.1-28) | 3  (1-8.5) | 165.9  (120.5-211.4) | 2  (1.4-2.4) | 114.8  (95.5-143.2) | 1.4  (1.2-1.6) | 181.8  (147.7-227.3) | 2.2  (1.8-2.8) | 308.4  (259.8-362.1) |
| Female Consumers (9) | 22  (20-29) | 164.7  (149.2-173.5) | 65.7  (56.4-87.8) | 25.6 (21.8 – 32.1) | 32.4  (25.5-39.1) | 4  (1.5-8) | 84.1  (66-116) | 1.2  (1.1-1.7) | 50  (34.1-65.9) | 0.6  (0.6-1) | 102.3  (86.4-129.5) | 1.5  (1.1-2) | 236.2  (202.4-312.4) |
| Female Non-Consumers (10) | 21  (18-31) | 161.8  (152.4-174.8) | 66.8  (50.5-94.1) | 25.5 (21.4 – 31.7) | 31.2  (20.4-39.9) | 6  (2-17) | 88.6  (68.2-113.6) | 1.2  (1.1-1.8) | 45.5  (36.4-70.5) | 0.7  (0.5-1) | 106.8  (75-131.8) | 1.4  (1.2-1.8) | 241.8  (209.1-278.9) |

aAll data are presented as median (range). b1RM: one repetition maximum. cRelative 1RM values calculated as 1RM divided by body mass.