**Supplementary Table 17. Mixed model coefficients for total repetitions for 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.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Repetitions** | | |
| *Predictors* | *Estimates* | *CI* | *p* |
| (Intercept) | 21.67 | 17.48 – 25.86 | **<.001** |
| Condition [BO] | 0.44 | -3.11 – 4.00 | .806 |
| Breakfast [NonConsumer] | -0.27 | -6.22 – 5.68 | .928 |
| Sex [Male] | -0.47 | -6.42 – 5.48 | .874 |
| Set [2] | 1.00 | -1.65 – 3.65 | .457 |
| Set [3] | -0.78 | -3.96 – 2.40 | .631 |
| Set [4] | 5.89 | 2.50 – 9.28 | **.001** |
| Condition [BO] × Breakfast [NonConsumer] | -3.64 | -8.55 – 1.26 | .144 |
| Condition [BO] × Sex [Male] | -1.24 | -6.15 – 3.66 | .617 |
| Breakfast [NonConsumer] × Sex [Male] | -5.33 | -13.64 – 2.97 | .201 |
| Condition [BO] × Set [2] | -1.44 | -5.19 – 2.30 | .448 |
| Condition [BO] × Set [3] | -0.00 | -4.50 – 4.50 | 1.000 |
| Condition [BO] × Set [4] | -2.78 | -7.58 – 2.02 | .255 |
| Breakfast [NonConsumer] × Set [2] | -2.70 | -6.35 – 0.95 | .146 |
| Breakfast [NonConsumer] × Set [3] | -2.22 | -6.61 – 2.16 | .319 |
| Breakfast [NonConsumer] × Set [4] | -4.39 | -9.07 – 0.29 | .066 |
| Sex [Male] × Set [2] | -4.90 | -8.55 – -1.25 | **.009** |
| Sex [Male] × Set [3] | -5.52 | -9.91 – -1.14 | **.014** |
| Sex [Male] × Set [4] | -12.09 | -16.77 – -7.41 | **<.001** |
| (Condition [BO] × Breakfast [NonConsumer]) × Sex [Male] | 6.74 | -0.10 – 13.58 | .053 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [2] | 2.34 | -2.81 – 7.50 | .371 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [3] | 2.30 | -3.90 – 8.50 | .466 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [4] | 5.58 | -1.04 – 12.19 | .098 |
| (Condition [BO] × Sex [Male]) × Set [2] | 1.04 | -4.11 – 6.20 | .690 |
| (Condition [BO] × Sex [Male]) × Set [3] | -0.20 | -6.40 – 6.00 | .949 |
| (Condition [BO] × Sex [Male]) × Set [4] | 3.98 | -2.64 – 10.59 | .237 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [2] | 6.60 | 1.51 – 11.69 | **.011** |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [3] | 6.52 | 0.40 – 12.64 | **.037** |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [4] | 11.49 | 4.96 – 18.02 | **.001** |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [2] | -4.44 | -11.64 – 2.75 | .225 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [3] | -4.30 | -12.95 – 4.35 | .329 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [4] | -10.28 | -19.51 – -1.05 | **.029** |
| **Random Effects** | | | |
| σ2 | 14.66 | | |
| τ00 ID | 26.04 | | |
| N ID | 39 | | |
| Observations | 312 | | |
| Marginal R2 / Conditional R2 | .456 / NA | | |