**Supplementary Table 18. Mixed model coefficients for squat 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) | 8.44 | 5.58 – 11.31 | **<.001** |
| Condition [BO] | 0.33 | -2.40 – 3.07 | .811 |
| Breakfast [NonConsumer] | 0.36 | -3.72 – 4.43 | .860 |
| Sex [Male] | -0.34 | -4.42 – 3.73 | .865 |
| Set [2] | 1.33 | -0.73 – 3.39 | .203 |
| Set [3] | 0.00 | -2.46 – 2.46 | 1.000 |
| Set [4] | 5.11 | 2.49 – 7.73 | **<.001** |
| Condition [BO] × Breakfast [NonConsumer] | -1.83 | -5.60 – 1.94 | .339 |
| Condition [BO] × Sex [Male] | -1.73 | -5.50 – 2.04 | .366 |
| Breakfast [NonConsumer] × Sex [Male] | -2.96 | -8.64 – 2.73 | .299 |
| Condition [BO] × Set [2] | -1.11 | -4.02 – 1.80 | .453 |
| Condition [BO] × Set [3] | -0.56 | -4.04 – 2.93 | .754 |
| Condition [BO] × Set [4] | -2.33 | -6.04 – 1.37 | .216 |
| Breakfast [NonConsumer] × Set [2] | -2.03 | -4.87 – 0.80 | .159 |
| Breakfast [NonConsumer] × Set [3] | -2.00 | -5.40 – 1.40 | .247 |
| Breakfast [NonConsumer] × Set [4] | -4.21 | -7.82 – -0.60 | **.023** |
| Sex [Male] × Set [2] | -3.43 | -6.27 – -0.60 | **.018** |
| Sex [Male] × Set [3] | -2.80 | -6.20 – 0.60 | .106 |
| Sex [Male] × Set [4] | -8.11 | -11.72 – -4.50 | **<.001** |
| (Condition [BO] × Breakfast [NonConsumer]) × Sex [Male] | 3.83 | -1.43 – 9.10 | .153 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [2] | 1.01 | -3.00 – 5.02 | .620 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [3] | 2.26 | -2.55 – 7.06 | .356 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [4] | 4.33 | -0.78 – 9.44 | .096 |
| (Condition [BO] × Sex [Male]) × Set [2] | 1.91 | -2.10 – 5.92 | .349 |
| (Condition [BO] × Sex [Male]) × Set [3] | 1.96 | -2.85 – 6.76 | .424 |
| (Condition [BO] × Sex [Male]) × Set [4] | 4.33 | -0.78 – 9.44 | .096 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [2] | 3.93 | -0.03 – 7.89 | .052 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [3] | 4.00 | -0.74 – 8.74 | .098 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [4] | 6.91 | 1.87 – 11.95 | **.007** |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [2] | -2.41 | -8.01 – 3.19 | .397 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [3] | -3.96 | -10.66 – 2.75 | .246 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [4] | -6.83 | -13.96 – 0.30 | .060 |
| **Random Effects** | | | |
| σ2 | 8.68 | | |
| τ00 ID | 10.42 | | |
| N ID | 39 | | |
| Observations | 312 | | |
| Marginal R2 / Conditional R2 | .337 / NA | | |