**Supplementary Table 19. Mixed model coefficients for bench press 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) | 7.22 | 6.03 – 8.41 | **<.001** |
| Condition [BO] | 0.33 | -0.86 – 1.53 | .582 |
| Breakfast [NonConsumer] | -0.92 | -2.61 – 0.77 | .276 |
| Sex [Male] | 0.28 | -1.41 – 1.97 | .741 |
| Set [2] | -0.89 | -1.78 – 0.01 | .052 |
| Set [3] | -1.33 | -2.41 – -0.26 | **.015** |
| Set [4] | -1.22 | -2.36 – -0.08 | **.036** |
| Condition [BO] × Breakfast [NonConsumer] | -0.23 | -1.88 – 1.41 | .780 |
| Condition [BO] × Sex [Male] | 0.67 | -0.98 – 2.31 | .425 |
| Breakfast [NonConsumer] × Sex [Male] | 0.02 | -2.34 – 2.38 | .985 |
| Condition [BO] × Set [2] | 0.44 | -0.82 – 1.71 | .490 |
| Condition [BO] × Set [3] | 0.11 | -1.41 – 1.63 | .885 |
| Condition [BO] × Set [4] | -0.33 | -1.95 – 1.28 | .685 |
| Breakfast [NonConsumer] × Set [2] | 0.59 | -0.64 – 1.82 | .348 |
| Breakfast [NonConsumer] × Set [3] | 0.03 | -1.45 – 1.51 | .965 |
| Breakfast [NonConsumer] × Set [4] | 1.02 | -0.55 – 2.60 | .202 |
| Sex [Male] × Set [2] | -0.11 | -1.34 – 1.12 | .859 |
| Sex [Male] × Set [3] | -1.07 | -2.55 – 0.41 | .157 |
| Sex [Male] × Set [4] | -1.48 | -3.05 – 0.10 | .066 |
| (Condition [BO] × Breakfast [NonConsumer]) × Sex [Male] | 0.03 | -2.26 – 2.33 | .977 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [2] | -0.74 | -2.49 – 1.00 | .401 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [3] | 0.29 | -1.80 – 2.38 | .786 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [4] | -0.27 | -2.49 – 1.96 | .814 |
| (Condition [BO] × Sex [Male]) × Set [2] | -1.74 | -3.49 – 0.00 | .050 |
| (Condition [BO] × Sex [Male]) × Set [3] | -1.41 | -3.50 – 0.68 | .185 |
| (Condition [BO] × Sex [Male]) × Set [4] | -0.27 | -2.49 – 1.96 | .814 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [2] | 0.01 | -1.71 – 1.73 | .990 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [3] | 0.87 | -1.20 – 2.93 | .409 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [4] | 0.58 | -1.62 – 2.77 | .605 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [2] | 1.14 | -1.29 – 3.58 | .355 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [3] | 0.31 | -2.61 – 3.23 | .834 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [4] | -0.53 | -3.64 – 2.57 | .735 |
| **Random Effects** | | | |
| σ2 | 1.65 | | |
| τ00 ID | 1.64 | | |
| ICC | 0.50 | | |
| N ID | 39 | | |
| Observations | 312 | | |
| Marginal R2 / Conditional R2 | .195 / .597 | | |