**Supplementary Table 20. Mixed model coefficients for deadlift 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) | 6.00 | 4.47 – 7.53 | **<.001** |
| Condition [BO] | -0.22 | -1.51 – 1.06 | .733 |
| Breakfast [NonConsumer] | 0.30 | -1.88 – 2.48 | .781 |
| Sex [Male] | -0.40 | -2.58 – 1.78 | .711 |
| Set [2] | 0.56 | -0.59 – 1.70 | .339 |
| Set [3] | 0.56 | -0.70 – 1.81 | .384 |
| Set [4] | 2.00 | 0.72 – 3.28 | **.002** |
| Condition [BO] × Breakfast [NonConsumer] | -1.58 | -3.35 – 0.19 | .080 |
| Condition [BO] × Sex [Male] | -0.18 | -1.95 – 1.59 | .843 |
| Breakfast [NonConsumer] × Sex [Male] | -2.40 | -5.44 – 0.64 | .118 |
| Condition [BO] × Set [2] | -0.78 | -2.39 – 0.84 | .344 |
| Condition [BO] × Set [3] | 0.44 | -1.33 – 2.22 | .622 |
| Condition [BO] × Set [4] | -0.11 | -1.92 – 1.69 | .904 |
| Breakfast [NonConsumer] × Set [2] | -1.26 | -2.83 – 0.32 | .118 |
| Breakfast [NonConsumer] × Set [3] | -0.26 | -1.99 – 1.47 | .771 |
| Breakfast [NonConsumer] × Set [4] | -1.20 | -2.96 – 0.56 | .181 |
| Sex [Male] × Set [2] | -1.36 | -2.93 – 0.22 | .091 |
| Sex [Male] × Set [3] | -1.66 | -3.39 – 0.07 | .061 |
| Sex [Male] × Set [4] | -2.50 | -4.26 – -0.74 | **.006** |
| (Condition [BO] × Breakfast [NonConsumer]) × Sex [Male] | 2.88 | 0.41 – 5.35 | **.022** |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [2] | 2.08 | -0.15 – 4.30 | .067 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [3] | -0.24 | -2.69 – 2.20 | .844 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [4] | 1.51 | -0.98 – 4.00 | .233 |
| (Condition [BO] × Sex [Male]) × Set [2] | 0.88 | -1.35 – 3.10 | .438 |
| (Condition [BO] × Sex [Male]) × Set [3] | -0.74 | -3.19 – 1.70 | .549 |
| (Condition [BO] × Sex [Male]) × Set [4] | -0.09 | -2.58 – 2.40 | .944 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [2] | 2.66 | 0.46 – 4.85 | **.018** |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [3] | 1.66 | -0.76 – 4.07 | .178 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [4] | 4.00 | 1.54 – 6.46 | **.002** |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [2] | -3.18 | -6.29 – -0.07 | **.045** |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [3] | -0.66 | -4.07 – 2.76 | .706 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [4] | -2.91 | -6.39 – 0.56 | .100 |
| **Random Effects** | | | |
| σ2 | 1.91 | | |
| τ00 ID | 3.54 | | |
| N ID | 39 | | |
| Observations | 312 | | |
| Marginal R2 / Conditional R2 | .422 / NA | | |