**Supplementary Table 30. Mixed model coefficients for bench press peak ACV 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.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Value** | | |
| *Predictors* | *Estimates* | *CI* | *p* |
| (Intercept) | 0.45 | 0.40 – 0.51 | **<.001** |
| Condition [BO] | 0.02 | -0.02 – 0.06 | .267 |
| Breakfast [NonConsumer] | 0.00 | -0.08 – 0.08 | .998 |
| Sex [Male] | -0.04 | -0.12 – 0.05 | .380 |
| Set [2] | -0.00 | -0.03 – 0.02 | .822 |
| Set [3] | -0.01 | -0.04 – 0.02 | .654 |
| Set [4] | -0.01 | -0.05 – 0.02 | .410 |
| Condition [BO] × Breakfast [NonConsumer] | -0.01 | -0.07 – 0.04 | .586 |
| Condition [BO] × Sex [Male] | -0.02 | -0.07 – 0.03 | .505 |
| Breakfast [NonConsumer] × Sex [Male] | 0.05 | -0.07 – 0.16 | .401 |
| Condition [BO] × Set [2] | -0.02 | -0.05 – 0.02 | .334 |
| Condition [BO] × Set [3] | -0.01 | -0.05 – 0.03 | .636 |
| Condition [BO] × Set [4] | -0.00 | -0.05 – 0.04 | .898 |
| Breakfast [NonConsumer] × Set [2] | 0.01 | -0.02 – 0.05 | .460 |
| Breakfast [NonConsumer] × Set [3] | 0.00 | -0.04 – 0.05 | .852 |
| Breakfast [NonConsumer] × Set [4] | -0.01 | -0.06 – 0.04 | .681 |
| Sex [Male] × Set [2] | -0.02 | -0.05 – 0.02 | .321 |
| Sex [Male] × Set [3] | -0.01 | -0.05 – 0.03 | .727 |
| Sex [Male] × Set [4] | -0.00 | -0.05 – 0.05 | .997 |
| (Condition [BO] × Breakfast [NonConsumer]) × Sex [Male] | 0.02 | -0.05 – 0.09 | .586 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [2] | 0.00 | -0.05 – 0.05 | .924 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [3] | -0.01 | -0.07 – 0.05 | .799 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [4] | 0.02 | -0.05 – 0.08 | .590 |
| (Condition [BO] × Sex [Male]) × Set [2] | 0.02 | -0.03 – 0.07 | .426 |
| (Condition [BO] × Sex [Male]) × Set [3] | -0.00 | -0.06 – 0.06 | .899 |
| (Condition [BO] × Sex [Male]) × Set [4] | -0.03 | -0.09 – 0.04 | .436 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [2] | -0.00 | -0.05 – 0.04 | .927 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [3] | -0.01 | -0.07 – 0.05 | .764 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [4] | 0.02 | -0.04 – 0.09 | .525 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [2] | -0.02 | -0.08 – 0.05 | .588 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [3] | 0.02 | -0.06 – 0.10 | .638 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [4] | -0.00 | -0.09 – 0.09 | .986 |
| **Random Effects** | | | |
| σ2 | 0.00 | | |
| τ00 ID | 0.01 | | |
| ICC | 0.78 | | |
| N ID | 39 | | |
| Observations | 312 | | |
| Marginal R2 / Conditional R2 | .078 / .794 | | |