**Supplementary Table 31. Mixed model coefficients for bench press average power 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) | 126.40 | 88.39 – 164.42 | **<.001** |
| Condition [BO] | 7.36 | -12.77 – 27.50 | .472 |
| Breakfast [NonConsumer] | -7.50 | -61.50 – 46.51 | .780 |
| Sex [Male] | 140.17 | 86.16 – 194.18 | **<.001** |
| Set [2] | -4.85 | -19.68 – 9.97 | .520 |
| Set [3] | -17.13 | -35.03 – 0.77 | .061 |
| Set [4] | -22.45 | -41.60 – -3.31 | **.022** |
| Condition [BO] × Breakfast [NonConsumer] | -6.86 | -34.62 – 20.89 | .627 |
| Condition [BO] × Sex [Male] | -7.72 | -35.47 – 20.04 | .584 |
| Breakfast [NonConsumer] × Sex [Male] | 53.32 | -22.05 – 128.68 | .160 |
| Condition [BO] × Set [2] | -10.09 | -31.06 – 10.88 | .344 |
| Condition [BO] × Set [3] | -3.74 | -29.05 – 21.58 | .772 |
| Condition [BO] × Set [4] | -5.58 | -32.65 – 21.50 | .685 |
| Breakfast [NonConsumer] × Set [2] | -1.16 | -21.60 – 19.28 | .911 |
| Breakfast [NonConsumer] × Set [3] | 7.96 | -16.71 – 32.64 | .526 |
| Breakfast [NonConsumer] × Set [4] | 3.67 | -22.72 – 30.06 | .785 |
| Sex [Male] × Set [2] | -32.13 | -52.57 – -11.69 | **.002** |
| Sex [Male] × Set [3] | -10.72 | -35.39 – 13.96 | .393 |
| Sex [Male] × Set [4] | -5.99 | -32.38 – 20.40 | .655 |
| (Condition [BO] × Breakfast [NonConsumer]) × Sex [Male] | 2.48 | -36.25 – 41.21 | .900 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [2] | 7.20 | -21.71 – 36.10 | .624 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [3] | -0.80 | -35.70 – 34.10 | .964 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [4] | 9.34 | -27.98 – 46.66 | .622 |
| (Condition [BO] × Sex [Male]) × Set [2] | 13.79 | -15.11 – 42.70 | .348 |
| (Condition [BO] × Sex [Male]) × Set [3] | -7.72 | -42.62 – 27.18 | .663 |
| (Condition [BO] × Sex [Male]) × Set [4] | -16.31 | -53.63 – 21.01 | .390 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [2] | 13.59 | -14.93 – 42.11 | .349 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [3] | -22.19 | -56.63 – 12.24 | .205 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [4] | -26.45 | -63.27 – 10.38 | .158 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [2] | -15.92 | -56.26 – 24.41 | .438 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [3] | 3.80 | -44.90 – 52.50 | .878 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [4] | 16.89 | -35.19 – 68.97 | .523 |
| **Random Effects** | | | |
| σ2 | 470.20 | | |
| τ00 ID | 2882.11 | | |
| N ID | 39 | | |
| Observations | 312 | | |
| Marginal R2 / Conditional R2 | .925 / NA | | |