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| --- |
| **Tests of Between-Subjects Effects (SPSS)** |
| Dependent Variable: Variable1  |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 756,267a | 5 | 151,253 | 45,834 | ,000 |
| Intercept | 3328,533 | 1 | 3328,533 | 1008,646 | ,000 |
| Group | 634,800 | 1 | 634,800 | 192,364 | ,000 |
| Time | ,067 | 2 | ,033 | ,010 | ,990 |
| Group \* Time | 121,400 | 2 | 60,700 | 18,394 | ,000 |
| Error | 79,200 | 24 | 3,300 |  |  |
| Total | 4164,000 | 30 |  |  |  |
| Corrected Total | 835,467 | 29 |  |  |  |
| a. R Squared = ,905 (Adjusted R Squared = ,885) |

| **ANOVA - Variable 1 (JASP)** |
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| **Cases**  | **Sum of Squares**  | **df**  | **Mean Square**  | **F**  | **p**  |
| Group  |  | 634.800  |  | 1.000  |  | 634.800  |  | 192.364  |  | < .001  |  |
| Time  |  | 0.067  |  | 2.000  |  | 0.033  |  | 0.010  |  | 0.990  |  |
| Group ✻ Time  |  | 121.400  |  | 2.000  |  | 60.700  |  | 18.394  |  | < .001  |  |
| Residual  |  | 79.200  |  | 24.000  |  | 3.300  |  |  |  |    |  |
|  |
| *Note.*  Type III Sum of Squares  |

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| **Pairwise Comparisons (SPSS)** |
| Dependent Variable: Variable1  |
| Group | (I) Time | (J) Time | Mean Difference (I-J) | Std. Error | Sig.b | 95% Confidence Interval for Differenceb |
| Lower Bound | Upper Bound |
| Sedentary | 4 days | 7 days | -2,800 | 1,149 | ,068 | -5,757 | ,157 |
| 10 days | -4,800\* | 1,149 | ,001 | -7,757 | -1,843 |
| 7 days | 4 days | 2,800 | 1,149 | ,068 | -,157 | 5,757 |
| 10 days | -2,000 | 1,149 | ,284 | -4,957 | ,957 |
| 10 days | 4 days | 4,800\* | 1,149 | ,001 | 1,843 | 7,757 |
| 7 days | 2,000 | 1,149 | ,284 | -,957 | 4,957 |
| Exercised | 4 days | 7 days | 3,000\* | 1,149 | ,046 | ,043 | 5,957 |
| 10 days | 5,000\* | 1,149 | ,001 | 2,043 | 7,957 |
| 7 days | 4 days | -3,000\* | 1,149 | ,046 | -5,957 | -,043 |
| 10 days | 2,000 | 1,149 | ,284 | -,957 | 4,957 |
| 10 days | 4 days | -5,000\* | 1,149 | ,001 | -7,957 | -2,043 |
| 7 days | -2,000 | 1,149 | ,284 | -4,957 | ,957 |
| Based on estimated marginal means |
| \*. The mean difference is significant at the 0,05 level. |
| b. Adjustment for multiple comparisons: Bonferroni. |

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| **Pairwise Comparisons (SPSS)** |
| Dependent Variable: Variable1  |
| Time | (I) Group | (J) Group | Mean Difference (I-J) | Std. Error | Sig.b | 95% Confidence Interval for Differenceb |
| Lower Bound | Upper Bound |
| 4 days | Sedentary | Exercised | 4,000\* | 1,149 | ,002 | 1,629 | 6,371 |
| Exercised | Sedentary | -4,000\* | 1,149 | ,002 | -6,371 | -1,629 |
| 7 days | Sedentary | Exercised | 9,800\* | 1,149 | ,000 | 7,429 | 12,171 |
| Exercised | Sedentary | -9,800\* | 1,149 | ,000 | -12,171 | -7,429 |
| 10 days | Sedentary | Exercised | 13,800\* | 1,149 | ,000 | 11,429 | 16,171 |
| Exercised | Sedentary | -13,800\* | 1,149 | ,000 | -16,171 | -11,429 |
| Based on estimated marginal means |
| \*. The mean difference is significant at the 0,05 level. |
| b. Adjustment for multiple comparisons: Bonferroni. |

**Post Hoc Tests (JASP)**

| **Post Hoc Comparisons - Group ✻ Time**  |
| --- |
|  |  | **Mean Difference**  | **SE**  | **t**  | **p bonf**  |
| Sedentary,4 days  |  | Exercised,4 days  |  | 4.000  |  | 1.149  |  | 3.482  |  | 0.029  |  |
|    |  | Sedentary,7 days  |  | -2.800  |  | 1.149  |  | -2.437  |  | 0.339  |  |
|    |  | Exercised,7 days  |  | 7.000  |  | 1.149  |  | 6.093  |  | < .001  |  |
|    |  | Sedentary,10 days  |  | -4.800  |  | 1.149  |  | -4.178  |  | 0.005  |  |
|    |  | Exercised,10 days  |  | 9.000  |  | 1.149  |  | 7.833  |  | < .001  |  |
| Exercised,4 days  |  | Sedentary,7 days  |  | -6.800  |  | 1.149  |  | -5.919  |  | < .001  |  |
|    |  | Exercised,7 days  |  | 3.000  |  | 1.149  |  | 2.611  |  | 0.230  |  |
|    |  | Sedentary,10 days  |  | -8.800  |  | 1.149  |  | -7.659  |  | < .001  |  |
|    |  | Exercised,10 days  |  | 5.000  |  | 1.149  |  | 4.352  |  | 0.003  |  |
| Sedentary,7 days  |  | Exercised,7 days  |  | 9.800  |  | 1.149  |  | 8.530  |  | < .001  |  |
|    |  | Sedentary,10 days  |  | -2.000  |  | 1.149  |  | -1.741  |  | 1.000  |  |
|    |  | Exercised,10 days  |  | 11.800  |  | 1.149  |  | 10.271  |  | < .001  |  |
| Exercised,7 days  |  | Sedentary,10 days  |  | -11.800  |  | 1.149  |  | -10.271  |  | < .001  |  |
|    |  | Exercised,10 days  |  | 2.000  |  | 1.149  |  | 1.741  |  | 1.000  |  |
| Sedentary,10 days  |  | Exercised,10 days  |  | 13.800  |  | 1.149  |  | 12.011  |  | < .001  |  |
|  |