

$$\widehat{TG}_{iAUC,i} = -3.67 + 0.05 * X_{\text{Crossover},i} + 0.53 * X_{\text{VAT},i} + 0.30 * X_{\text{HOMAIR},i} + 0.31 * X_{\text{Aerobic},i} + \epsilon_i$$

$$\widehat{TG}_{(peak-fast),i} = -0.66 + 0.02 * X_{\text{Crossover},i} + 0.43 * X_{\text{VAT},i} + 0.12 * X_{\text{HOMAIR},i} + 0.23 * X_{\text{Aerobic},i} - 0.02 * X_{\text{SBP},i} + \epsilon_i$$