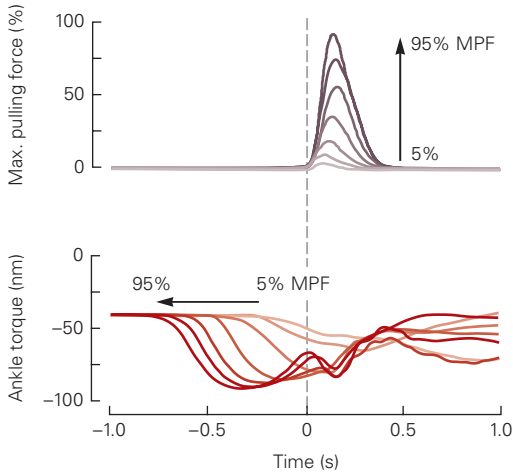
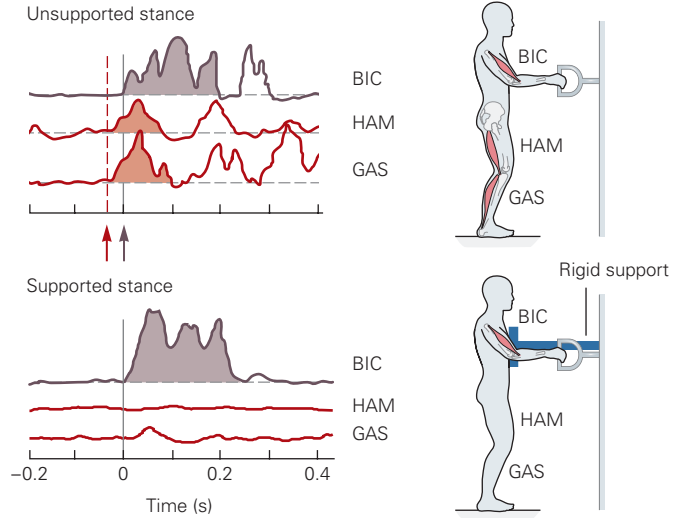


A Ankle force precedes pulling force during voluntary arm pull



B Postural muscles are recruited only when needed



C Center of mass position is controlled during walking by foot placement

