metabolic rate metabolic rate (W/Kg) 10 8 6 unassist, bi, noload unassist, bi, loaded mono, mono, loaded noload noload loaded biarticular, actutor power monoarticular, actuator power actuator power (W/Kg) actuator power (W/Kg) bi knee, bi hip, bi knee, bi hip, mono hip, mono knee, mono hip, mono knee, loaded loaded loaded noload noload loaded noload noload actuator power, noload conditon actutor power, loaded condition actuator power (W/Kg) actuator power (W/Kg) bi hip, bi hip, bi knee, mono hip, bi knee, mono hip, mono knee, mono knee, loaded loaded loaded loaded noload noload noload noload