

| | mean hip actuator energy (J/kg) | mean knee actuator energy (J/kg) | mean metabolic reduction (%) | std hip actuator energy (J/kg) | std knee actuator energy (J/kg) | std metabolic reduction (%) |
|------------------------------|------------------------------------|-------------------------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------|
| biarticular, noload, W-1 | 1.3 | 1.28 | 22.57 | 0.36 | 0.11 | 5.24 |
| biarticular, noload, W-11 | 1.18 | 1.15 | 22.16 | 0.32 | 0.12 | 5.27 |
| biarticular, noload, W-12 | 1.16 | 1.14 | 21.88 | 0.33 | 0.13 | 5.2 |
| biarticular, noload, W-13 | 1.14 | 1.15 | 21.4 | 0.33 | 0.17 | 5.18 |
| biarticular, noload, W-17 | 1.03 | 1.03 | 20.63 | 0.31 | 0.14 | 5.39 |
| biarticular, noload, W-18 | 1.01 | 1.04 | 20.26 | 0.31 | 0.19 | 5.24 |
| biarticular, noload, W-19 | 0.99 | 1.05 | 19.72 | 0.3 | 0.21 | 5.37 |
| biarticular, noload, W-21 | 0.85 | 0.93 | 18.59 | 0.25 | 0.12 | 5.41 |
| biarticular, noload, W-22 | 0.84 | 0.92 | 18.41 | 0.26 | 0.12 | 5.37 |
| biarticular, noload, W-23 | 0.82 | 0.93 | 18.12 | 0.26 | 0.18 | 5.09 |
| biarticular, noload, W-24 | 0.8 | 0.9 | 17.73 | 0.26 | 0.17 | 5.03 |
| biarticular, noload, W-25 | 0.8 | 0.92 | 16.95 | 0.25 | 0.21 | 5.06 |