

	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	4.92
biarticular, noload, W-11	1.18	1.15	22.16	0.31	0.11	4.99
biarticular, noload, W-12	1.16	1.14	21.88	0.33	0.12	4.93
biarticular, noload, W-13	1.14	1.19	21.4	0.32	0.21	4.94
biarticular, noload, W-17	1.03	1.03	20.63	0.31	0.14	5.22
biarticular, noload, W-18	1.01	1.1	20.26	0.31	0.24	5.08
biarticular, noload, W-19	0.99	1.07	19.72	0.3	0.22	5.22
biarticular, noload, W-21	0.85	0.93	18.59	0.25	0.12	5.27
biarticular, noload, W-22	0.84	0.92	18.41	0.26	0.12	5.24
biarticular, noload, W-23	0.82	0.99	18.12	0.26	0.24	4.98
biarticular, noload, W-24	0.8	0.95	17.73	0.25	0.21	4.92
biarticular, noload, W-25	0.8	0.92	16.95	0.25	0.2	4.92