

	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, loaded, W-1	1.36	1.26	19.45	0.32	0.27	3.41
biarticular, loaded, W-6	1.3	1.22	19.15	0.3	0.23	3.3
biarticular, loaded, W-11	1.18	1.2	18.54	0.28	0.24	3.41
biarticular, loaded, W-12	1.17	1.19	18.12	0.28	0.28	3.49
biarticular, loaded, W-13	1.17	1.12	17.83	0.23	0.26	3.74
biarticular, loaded, W-16	1.03	1.17	17.43	0.26	0.24	3.36
biarticular, loaded, W-17	1.03	1.11	16.99	0.24	0.24	3.44
biarticular, loaded, W-21	0.81	1.06	15.51	0.2	0.2	3.6
biarticular, loaded, W-22	0.8	1.0	15.24	0.21	0.16	3.47
biarticular, loaded, W-23	0.76	0.94	14.65	0.07	0.13	3.4
biarticular, loaded, W-24	0.82	0.95	14.0	0.11	0.23	3.11
biarticular, loaded, W-25	0.83	0.91	12.9	0.2	0.25	2.63