

	mean hip actuator energy (W/kg)	mean knee actuator energy (W/kg)	mean metabolic reduction (%)	std hip actuator energy (W/kg)	std knee actuator energy (W/kg)	std metabolic reduction (%)
monoarticular, loaded, W-1	3.12	3.74	18.83	0.45	0.88	2.97
monoarticular, loaded, W-2	3.07	3.5	18.57	0.42	0.8	3.19
monoarticular, loaded, W-3	3.09	3.55	18.17	0.44	0.87	3.06
monoarticular, loaded, W-4	3.08	3.36	17.3	0.41	0.75	3.22
monoarticular, loaded, W-5	3.06	2.91	16.24	0.4	0.51	3.11
monoarticular, loaded, W-10	2.67	3.19	15.56	0.45	0.59	2.71
monoarticular, loaded, W-15	2.3	3.39	14.24	0.44	0.66	2.54
monoarticular, loaded, W-20	1.88	3.46	12.12	0.37	0.68	2.46
monoarticular, loaded, W-25	1.42	3.49	9.39	0.29	0.73	2.42