| | 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 (%) |
|------------------------------|------------------------------------|-------------------------------------|---------------------------------|-----------------------------------|------------------------------------|--------------------------------|
| biarticular, noload, W-1 | 4.57 | 3.91 | 22.57 | 0.8 | 0.4 | 5.24 |
| biarticular, noload, W-11 | 4.15 | 3.46 | 22.16 | 0.96 | 0.43 | 5.27 |
| biarticular, noload, W-12 | 4.16 | 3.34 | 21.88 | 0.96 | 0.4 | 5.2 |
| biarticular, noload, W-13 | 4.15 | 3.19 | 21.4 | 0.96 | 0.41 | 5.18 |
| biarticular, noload, W-17 | 3.54 | 3.07 | 20.63 | 0.87 | 0.43 | 5.39 |
| biarticular, noload, W-18 | 3.53 | 2.95 | 20.26 | 0.86 | 0.39 | 5.24 |
| biarticular, noload, W-19 | 3.53 | 2.74 | 19.72 | 0.86 | 0.38 | 5.37 |
| biarticular, noload, W-21 | 2.66 | 2.86 | 18.59 | 0.65 | 0.63 | 5.41 |
| biarticular, noload, W-22 | 2.66 | 2.79 | 18.41 | 0.65 | 0.54 | 5.37 |
| biarticular, noload, W-23 | 2.66 | 2.69 | 18.12 | 0.65 | 0.46 | 5.09 |
| biarticular, noload, W-24 | 2.66 | 2.53 | 17.73 | 0.65 | 0.38 | 5.03 |
| biarticular, noload, W-25 | 2.66 | 2.27 | 16.95 | 0.65 | 0.36 | 5.06 |