

	biarticular, noload	monoarticular, noload	biarticular, loaded	monoarticular, loaded
mean hip actuator energy (W/kg)	1.42	1.091	1.587	1.52
mean knee actuator energy (W/kg)	1.586	1.241	1.526	1.239
mean metabolic rate (W/kg)	3.006	2.332	3.112	2.759
mean metabolic reduction (%)	22.386	22.474	20.496	20.454
std hip actuator energy (W/kg)	0.34	0.262	0.305	0.31
std knee actuator energy (W/kg)	0.314	0.146	0.31	0.299
std metabolic rate (W/kg)	0.326	0.296	0.252	0.552
std metabolic reduction (%)	5.341	5.322	3.483	3.525