	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 (%)
monoarticular, loaded, W-1	1.27	1.14	18.83	0.21	0.28	2.97
monoarticular, loaded, W-2	1.25	1.09	18.57	0.21	0.27	3.19
monoarticular, loaded, W-3	1.25	1.05	18.17	0.21	0.26	3.06
monoarticular, loaded, W-4	1.23	0.98	17.3	0.21	0.24	3.22
monoarticular, loaded, W-9	1.1	1.03	16.58	0.15	0.26	2.81
monoarticular, loaded, W-5	1.19	0.89	16.24	0.22	0.2	3.11
monoarticular, loaded, W-10	1.07	0.93	15.56	0.17	0.22	2.71
monoarticular, loaded, W-15	0.92	0.98	14.24	0.13	0.25	2.54
monoarticular, loaded, W-19	0.77	1.12	13.24	0.15	0.3	2.64
monoarticular, loaded, W-20	0.77	1.01	12.12	0.15	0.26	2.46
monoarticular, loaded, W-25	0.63	1.03	9.39	0.17	0.25	2.42