

	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	0.19	0.26	2.36
monoarticular, loaded, W-2	1.26	1.1	18.68	0.19	0.26	2.49
monoarticular, loaded, W-3	1.25	1.05	18.17	0.19	0.25	2.35
monoarticular, loaded, W-4	1.23	0.98	17.3	0.19	0.23	2.42
monoarticular, loaded, W-5	1.19	0.89	16.24	0.2	0.19	2.22
monoarticular, loaded, W-10	1.07	0.93	15.56	0.15	0.21	1.75
monoarticular, loaded, W-15	0.92	0.98	14.24	0.12	0.23	1.48
monoarticular, loaded, W-20	0.77	1.01	12.12	0.15	0.25	1.52
monoarticular, loaded, W-25	0.63	1.03	9.39	0.16	0.24	1.67