

	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 (%)
biarticular, loaded, W-1	1.38	1.27	19.54	0.31	0.26	2.79
biarticular, loaded, W-6	1.3	1.24	19.15	0.29	0.24	2.82
biarticular, loaded, W-11	1.18	1.22	18.54	0.28	0.25	2.91
biarticular, loaded, W-12	1.17	1.19	18.12	0.27	0.27	2.99
biarticular, loaded, W-13	1.15	1.12	17.83	0.21	0.26	3.11
biarticular, loaded, W-16	1.03	1.19	17.43	0.26	0.26	2.97
biarticular, loaded, W-17	1.03	1.15	17.16	0.26	0.26	3.09
biarticular, loaded, W-21	0.83	1.13	15.64	0.21	0.24	3.32
biarticular, loaded, W-22	0.82	1.02	15.38	0.22	0.18	3.18
biarticular, loaded, W-23	0.77	0.95	14.93	0.06	0.14	3.03
biarticular, loaded, W-24	0.82	0.98	14.12	0.1	0.24	2.78
biarticular, loaded, W-25	0.83	0.91	12.9	0.2	0.24	2.17