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