Frequency Content of Movement During Task Completion 40 at 0.5Hz at 1Hz at 1.5Hz at 2Hz Percentage of Energy Exerted 35 30 25 20 15 10 5 1.5 2.5 Task(Hz): 0.5 0.5 1.5 2.5 0.5 1.5 2.5 0.5 1