```cpp
void GeneralControlLoop::cycle() //cyclic loop
{
    if (! p_robot->controlparameterRequestQueueEmpty())
    {
        //we should not run the controllers if there are still parameter set
        // requests in the queue
        std::cout<<"Serving Queue."<<endl;
    }
    else
    {
            double referencePosition=0;

            //do some useful control here, e.g.

            double jointPositionUpper=p_robot->getGanglion(0)->getJoints()[2]->getAngle();
            double jointMotorVelocity=p_robot->getGanglion(3)->getMuscles()[3]->getMotorVelocity();



            p_robot->getGanglion(0)->getMuscles()[0]->enableController(); //enable
            p_robot->getGanglion(0)->getMuscles()[0]->setControllerRef(Position, referencePosition); //set reference


            p_robot->getGanglion(3)->getMuscles()[2]->enableController(); //enable
            p_robot->getGanglion(3)->getMuscles()[2]->setControllerRef(Position, referencePosition); //set reference


    }
}
```