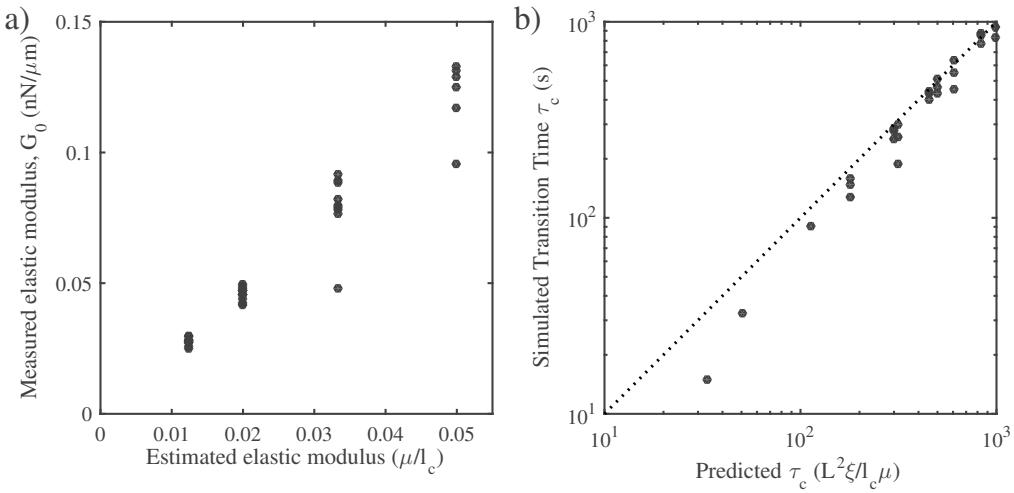

Figure 1. Mechanical properties of passive networks. **a)** Elastic modulus of networks. Our measurements closely match prediction of $G_0 \sim \mu/l_c$. **b)** Placeholder for inevitably another figure relevant to passive properties.

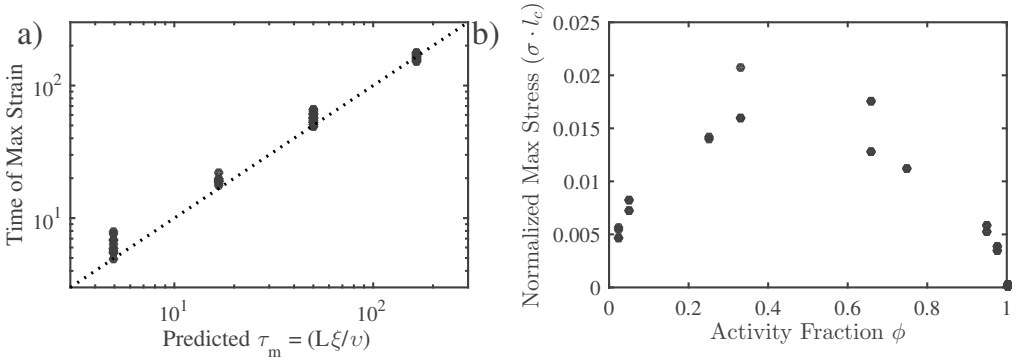

Figure 2. Mechanical properties of active networks. **a)** Timescale of maximum strain in networks free to contract. This relationship was found phenomenologically. **b)** Dependence of network stress on the fraction of cross-links which are active. Note that the network stress approaches 0 as ϕ approaches 0 or 1.

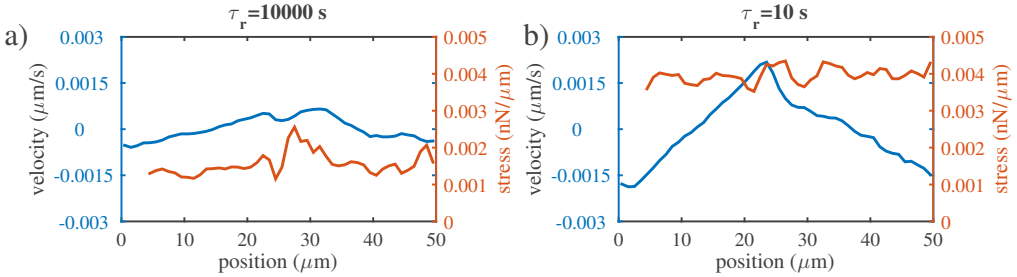

Figure 3. Stress and strain profiles of networks with contractile and passive domains. **a)** Blue line indicates strain velocity profile while orange represents net stress as measured in the main text. **b)** Same as panel a except for the condition where recycling time is 10 s. Note the increase in net stress and the corresponding increase in flow rate.