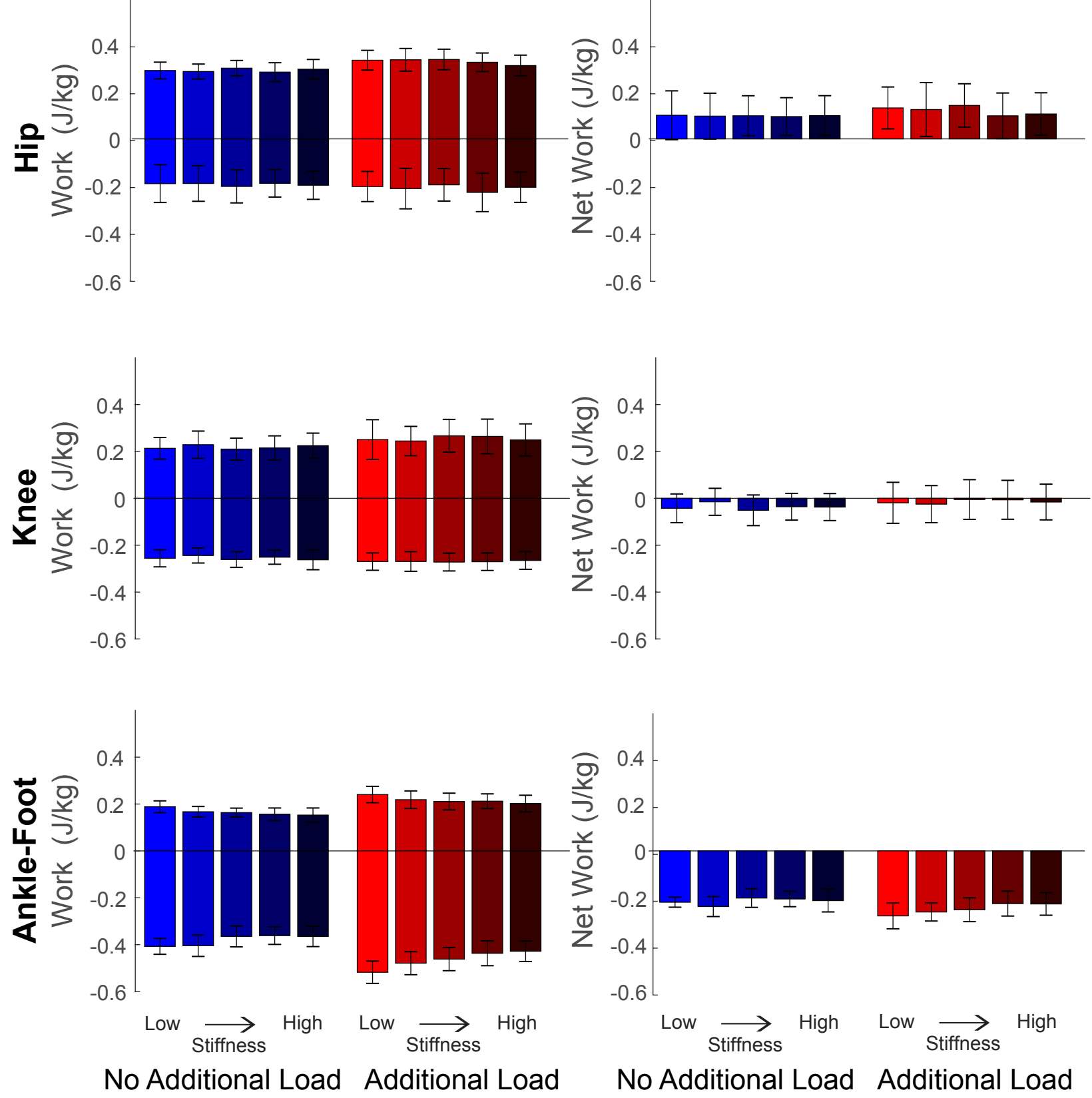
Hip
Knee
Ankle-Foot
Work (J/kg)
Net Work (J/kg)
0.4
0.2
0
-0.2
-0.4
-0.6
Low
Stiffness
High
No Additional Load
Additional Load