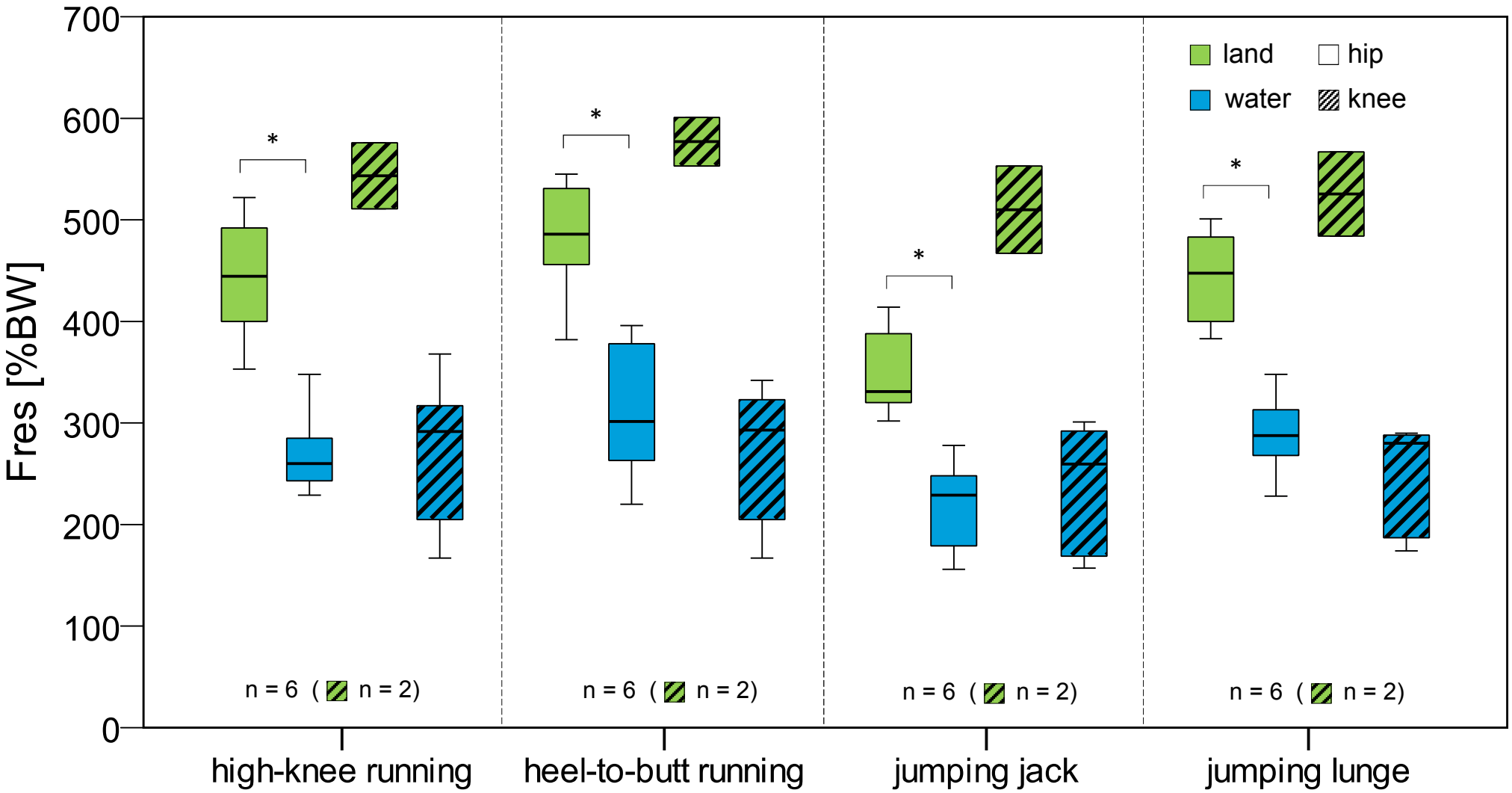
700
600
500
400
300
200
100
0
Fres [%BW]
land
hip
water
knee
*
*
*
*
n = 6 (n = 2)
n = 6 (n = 2)
n = 6 (n = 2)
n = 6 (n = 2)
high-knee running
heel-to-butt running
jumping jack
jumping lunge