

Table S1. Nonlinear regression parameters for center-of-mass (COM) work

COM work	Coefficient (C)	Offset (D)	R^2
Collision	-0.178 ± 0.014	-0.002 ± 0.002	0.89
Rebound	0.058 ± 0.011	0.004 ± 0.002	0.57
Pre-load	0.017 ± 0.008	-0.017 ± 0.001	0.20
Push-off	0.095 ± 0.012	0.017 ± 0.002	0.77
Swing	$-1.3\text{E}-4 \pm 1.3\text{E}-4$	$4.2\text{E}-5 \pm 2.1\text{E}-5$	0.05
Net work (stride)	-0.008 ± 0.003	$0.003 \pm 4\text{E}-4$	0.30

Data are reported as means \pm 95% confidence intervals across subjects ($N=10$).

Coefficients are reported in dimensionless form.