**Table S1.** Means ± standard deviations for all species and all variables. Values without a standard deviation were either derived from data pooled across individuals within a species (e.g. Vmax), or were set to fixed values (e.g. swimming duty factor of 0.5 for the undulation of the tiger salamander (*Ambystoma tigrinum*).

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**Table S2.** Raw data for all species and trials. Blank entries indicate data which was absent due to experimental failure or animal mortality.

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