



Time 1

Upper body	Indiv. lower body	Group lower body	No restraint
0	0	0	0
0.2	1.6	1.7	1.5
0.5	1.2	1.1	0.7
1	1.2	1	0.7
2	1.5	1.5	0.7
4	1.5	1.5	0.7
7	1.5	1.5	0.7
11.8	2	2	2
12	2	2	2
15	2	2	2

Time 1.5

Upper body	Indiv. lower body	Group lower body	No restraint
0	0	0	0
0.2	3.6	2.5	2.5
1	3.6	2.5	2.5
2	3.6	2.5	2.5
4	2.5	2.5	2.5
5	2.5	2.5	2.5
7	2	2	2
11.8	2	2	2
12	2	2	2
15	2	2	2

Time 1.5

Upper body	Indiv. lower body	Group lower body	No restraint
0	0	0	0
0.2	2.4	2.1	1.2
1	2.4	2.1	1.2
2	1.6	1.6	0.7
15	1.6	1.6	0.7

Time 2

Upper body	Indiv. lower body	Group lower body	No restraint
0	0	0	0
0.2	1.4	0.2	0.2
1	1.4	0.2	0.2
4	0.9	0.2	0.2
7	0.7	0.2	0.2
15	0.7	0.2	0.2

Time 2

Upper body	Indiv. lower body	Group lower body	No restraint
0	0	0	0
0.2	4.8	4.5	3.8
1	4.8	4.5	3.8
2	3.2	3.1	2.8
4	3.4	3.2	3.1
5	2.6	2.5	2.4
11.8	2.6	2.5	2.4
12	1.8	1.8	1.7
15	1.8	1.8	1.6

0	6
0.7832	5.9487
1.5529	5.7956
2.2961	5.5433
3	5.1962
3.6526	4.7601
4.2426	3.6526
5.1962	2.2961
5.5433	1.5529
5.7956	0.7832
5.9487	0
6	-0.2611
6	-0.7956
5.5433	-0.7654
5.1962	-1.2175
4.2426	-1.4142
3.6526	-1.5867
3	-1.7321
2.2961	-1.8478
1.5529	-1.9319
0.7832	-1.9829
0	-2
0	-1.9829
-0.2611	-1.9319
-0.7956	-1.8478
-0.7654	-1.7321
-1.2175	-1.5867
-1.4142	-1.4142
-1.5867	-1.2175
-1.7321	-1
-1.8478	-0.7654
-1.9319	-0.5176
-1.9829	-0.2611
0	0
0.7832	0.7832
1.5529	1.5529
2.2961	2.2961
3	3
3.6526	3.6526
4.2426	4.2426
5.1962	5.1962
5.5433	5.5433
5.7956	5.7956
5.9487	5.9487
6	6

0	6
2.8473	0.7832
2.8978	1.5529
2.7716	2.2961
2.5981	3
2.3801	3.6526
2.1313	4.2426
1.8263	4.7601
1.5	5.1962
1.1481	5.5433
0.7828	5.7956
0.3916	5.9487
0	6
-0.3916	5.9487
-0.7828	5.7956
-1.1481	5.5433
-1.5	5.1962
-1.8263	4.7601
-2.1313	4.2426
-2.3801	3.6526
-2.5981	3
-2.7716	2.2961
-2.8978	1.5529
-2.8473	0.7832
0	0
-2.8473	-0.2611
-2.8978	-0.5176
-2.7716	-0.7654
-2.5981	-1.2175
-2.3801	-1.4142
-2.1313	-1.5867
-1.8263	-1.7321
-1.5	-1.8478
-1.1481	-1.9319
-0.7828	-1.9829
-0.3916	-2
0	2
0.3916	1.9829
0.7828	1.9319
1.1481	1.8478
1.5	1.7321
1.8263	1.5867
2.1313	1.4142
2.3801	1.2175
2.5981	1
2.7716	0.7654
2.8978	0.5176
2.8473	0.2611
3	0

