

**S2 Table**

Muscle	Configuration (Conformation)	SI	Rob	Eff	Recruitment	Intensity ( $\mu\text{A}$ ) $\pm$ step
TA	TTR (B1)	0.95	0.52	0.55	27.2%	375 ( $\pm 75$ )
	TLR (B2)	0.81	0.43	0.55	27.4%	375 ( $\pm 75$ )
	TL (B1)	0.9	0.47	0.6	29.8%	300 ( $\pm 75$ )
	SCR (B1)	0.78	0.67	0.43	44.6%	600 ( $\pm 75$ )
	TT (B1)	0.76	0.95	0.29	22.8%	1125 ( $\pm 375$ )
LG	TTR (B4)	0.35	0.83	0.5	96.7%	600 ( $\pm 75$ )
	TLR (B1)	0.34	0.86	0.47	88.3%	675 ( $\pm 75$ )
	TL (B2)	0.38	0.83	0.47	78.1%	675 ( $\pm 75$ )
	SCR (B2)	0.36	0.82	0.5	92.2%	600 ( $\pm 75$ )
	TT (B4)	0.37	0.78	0.36	96.2%	1050 ( $\pm 150$ )
Sol	TTR (B4)	0.29	0.88	0.52	76.6%	750 ( $\pm 75$ )
	TLR (B4)	0.3	0.89	0.52	84.7%	750 ( $\pm 75$ )
	TL (B4)	0.33	0.83	0.5	88.0%	825 ( $\pm 75$ )
	SCR (B4)	0.31	0.9	0.52	82.1%	750 ( $\pm 75$ )
	TT (B4)	0.34	0.88	0.48	72.1%	900 ( $\pm 150$ )
MG	TTR (B4)	0.94	0.6	0.45	57.3%	450 ( $\pm 75$ )
	TLR (B4)	0.86	0.32	0.63	56.7%	225 ( $\pm 75$ )
	TL (B3)	0.88	0.42	0.42	49.6%	525 ( $\pm 75$ )
	SCR (B4)	0.85	0.46	0.56	53.1%	300 ( $\pm 75$ )
	TT (B4)	0.82	0.59	0.5	48.1%	375 ( $\pm 75$ )