Methods: We developed an antagonist muscle joint interface using previously established protocols [1]

**Time Series:** muscle(s) acting on a load

- **ctrl:** AG only
- **AML:** AG + Antagonist (ANT)

Here, antagonist muscles absorb power transferred to a load

However, initial conditions can be optimized to enhance power

Background: Modeling studies suggest muscle-like latches can enhance power delivered to a load [3,4]