

	E_{total} (J)	$E_{\text{compression}}/E_{\text{total}}$	$E_{\text{bending}}/E_{\text{total}}$
Stockinette (acrylic)	0.249	0.130	0.870
Garter (acrylic)	0.175	0.026	0.974
Rib (acrylic)	0.189	0.391	0.609
Seed (acrylic)	0.288	0.459	0.541
Stockinette (cotton)	0.401	0.233	0.767
Garter (cotton)	0.254	0.216	0.784
Rib (cotton)	0.139	0.044	0.956
Seed (cotton)	0.262	0.172	0.828