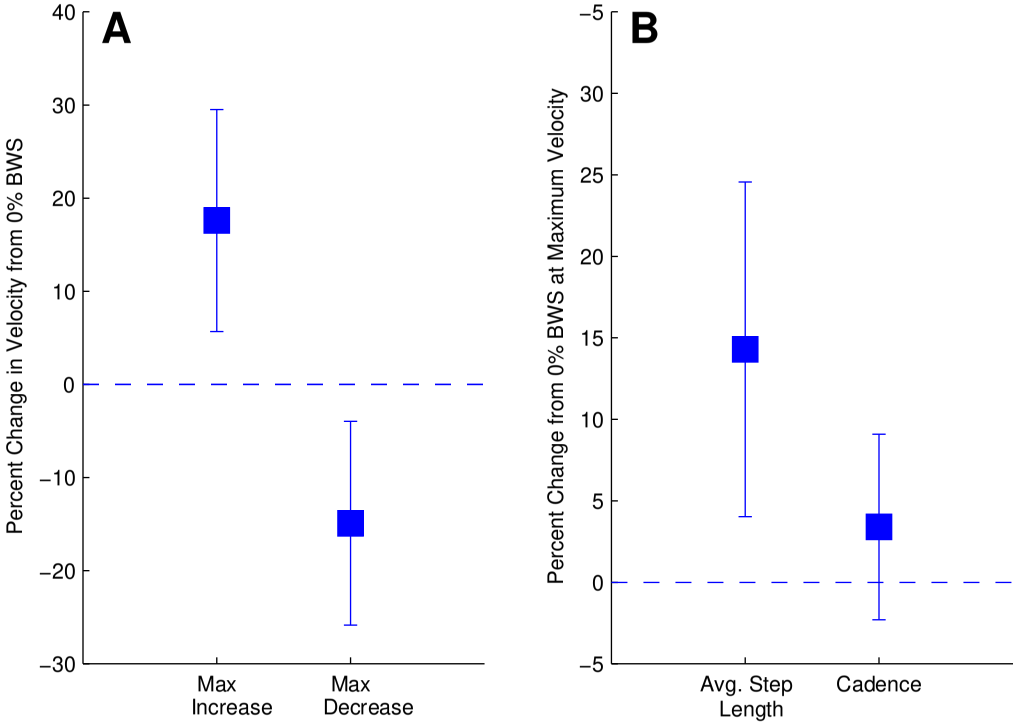
A
Percent Change in Velocity from 0% BWS
40
30
20
10
0
−10
−20
−30
Max Increase
Max Decrease
B
Percent Change from 0% BWS at Maximum Velocity
−5
30
25
20
15
10
5
0
−5
Avg. Step Length
Cadence