The only way i know of is that you have to find that animation in W3dViewer so you know how to export it later (the name).

To view animations
Open s_a_human.w3d
Open a male character.w3d
Open the animation

It should view now.

In renx you must create the animation from scratch.
Open the Male.gmax in LE folder which contains the bones.
Delete everything except all bone objects.

Now with the animate cursor you must place the bones good.
When you're done export as Hierachel Animated as the name you found earlier.

Test in game.

This will take alot time tho, to get smooth animations.. but good luck