

4
27-11-73
Jm'Q

Dump Tape 331-05
Time: 331:15:50 to 331:16:58
11/27/73
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331 15 50 34 CDR Hey, Bill.
PLT ...
CDR Let me know when it's on.
PLT It's on, Jer.
CDR Okay, thanks.
CDR This is your friendly Skylab 4 V -
CDR pumping his heart out on the
ergometer, trying to pump a few ...
back into it. Right behind me you
will notice that there's a white blob
laying on the floor and that's our
friendly po7r man's treadmill, otherwise
know as Thornton's Delight. Now our
normal protocol for exercise is after
the ergometer, we - get off your
ergometer and move back to the treadmill
and remove our shoes. We keep the
treadmill in this position at all times,
because we have it strapped down with
a - with a long Seems to keep
it pretty well out of the way. Now
it's time to saddle up.

331 15 52 34 CREW ...
331 15 52 47 CDR However one want to be careful not
to put it on upside down.
331 15 52 50 CREW ...
CDR The secret we found to this is to
put the treadmill harness on in such
a way that the strap is crossed in
the front.
331 15 52 23 CREW ...
331 15 53 40 CDR Okay, now come's the hard part. We
found out that we can handle just about
5 minutes of this and it really gives

M171
Thornton
Michel
Rommel