Shuttle Exercise - ~~Heat~~ & Graphics

Fig-

1 - A Fig 9
B " 21-7 BMR-SL. Pg 195
(must modify)

2.

S. Equip -

~~SPSO~~ Sky Lab Treadmill

Fig 1 AB Illustrates this device in ~~2~~ sheet and in 1 g. A teflon supports the force of body weight but allows the sock clad foot to slip down its surface while the other foot is lifted to its starting position. ~~This is equivalent to~~ In ~~a~~ weightlessness the body force ~~weight~~ vector ~~was~~ is the product of the two bungee force vectors as in fig. B. ~~The~~ The equivalent ~~angle slop~~ angle of the slippery slope can be controlled within limits by the subjects' efforts.

The device itself was an ~ 12" X ~~15" 21"~~

5 Equip

18"
X ~~18"~~ square teflon sheet ~~was~~ secured to a metal plate and this to the deck. ~~Eighty~~ Eighty Kgm ~~force fo~~ equiv. load was applied by 4 bungees in a quadrilateral arrangement through a discarded cycle ergometer seat constraint.

~~If a foot ground forces would be to differ sign~~

With this arrangement only walking is practical. Kinematics and foot/ground differ significantly from those ~~as~~ produced by 1g walking.

1. Although body weight of all SL4 crewmen was ~70Kg - this was an intended overload