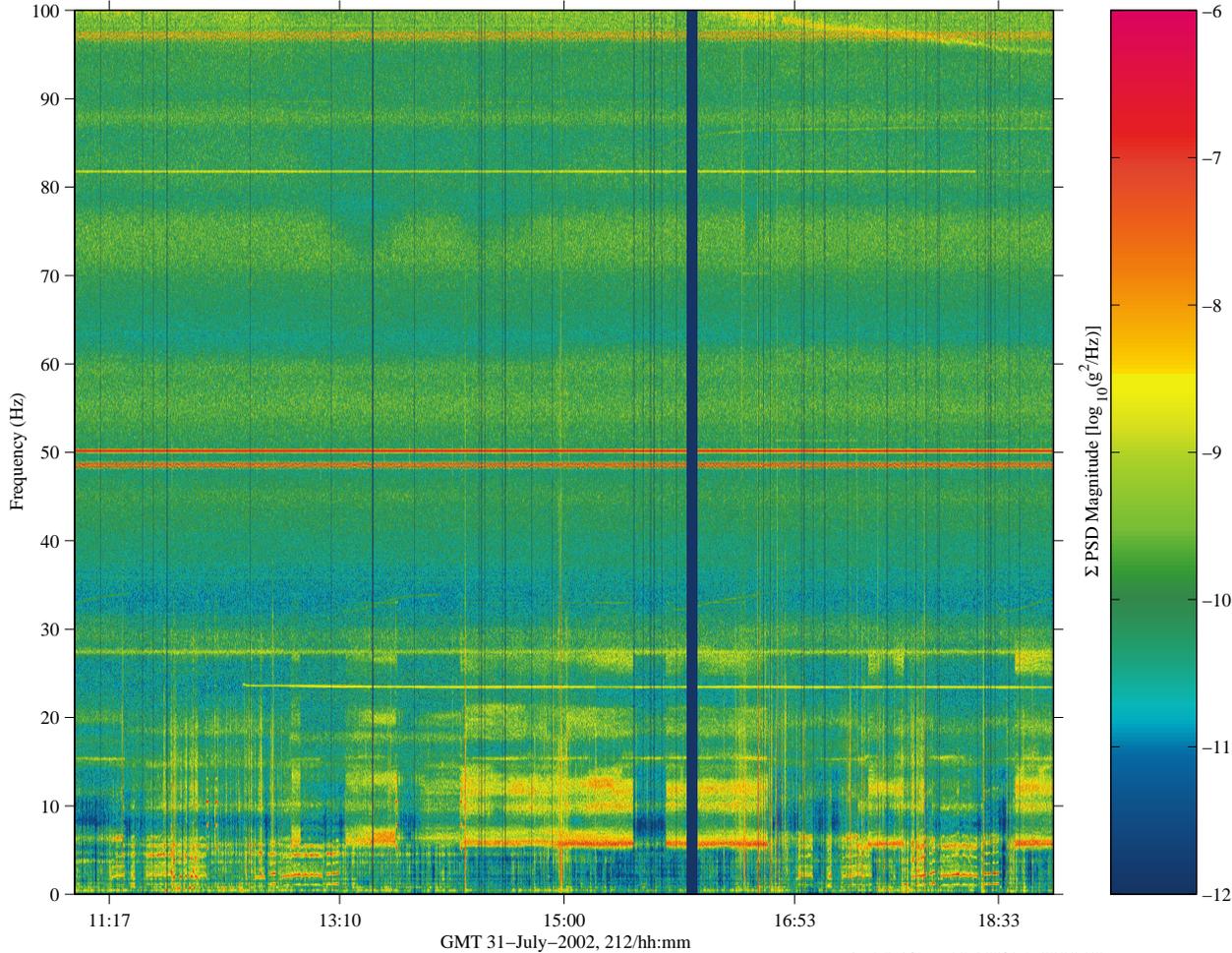


Veloped (Velo) Exercise QUALIFY

sams2, 121f02 at LAB102, ER1, Drawer 1:[128.73 -23.53 144.15]
250.0 sa/sec (100.00 Hz)
 $\Delta f = 0.122$ Hz, Nfft = 2048
Temp. Res. = 8.192 sec, No = 0

Velo Exercise
Start GMT 31-July-2002, 212/11:00:00

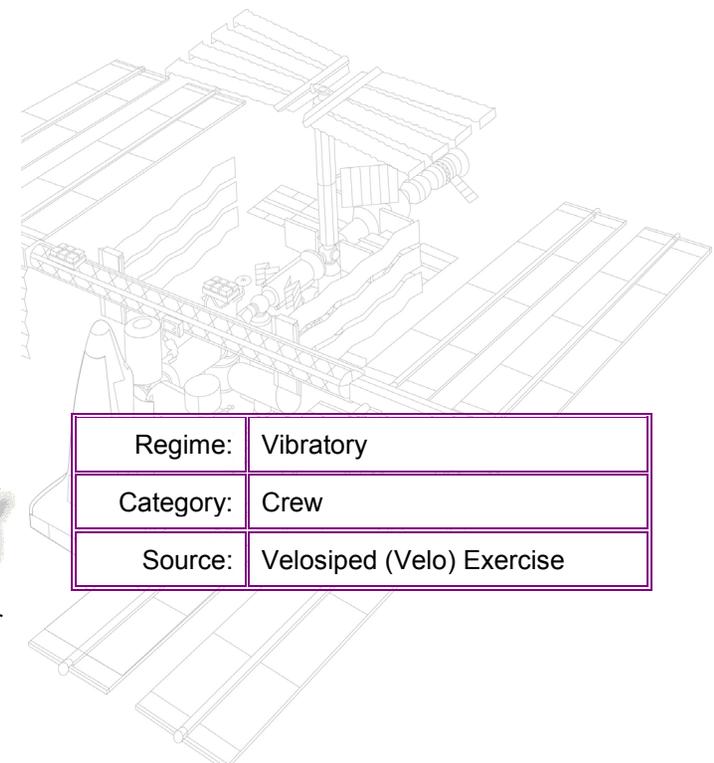
Increment: 5, Flight: UF2
Sum
Hanning, k = 3393
Span = 8 hours



from: t1pubpad5, \$Name: pop3_06-17-2002_5_24-Jun-2002_06:09:18.363

Data Description	
Sensor	121f02 250.0 sa/sec (100.00 Hz)
Location	LAB102, ER1, Drawer 1
Inc/Flight	Increment: 5, Flight: UF2
Plot Type	spectrogram

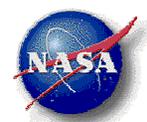
Notes:
The abbreviation velo is short for veloped, a Russian bicycle exercise device – the abbreviation velo is to veloped like bike is to bicycle. Two distinct periods that show velo exercise are seen in the figure below about 5 Hz from 11:17 to 13:10 and from 16:53 to 18:33. For these periods, both the pedal rate signature at about 2.2 Hz and the shoulder sway at half that rate are evident.



Regime:	Vibratory
Category:	Crew
Source:	Veloped (Velo) Exercise



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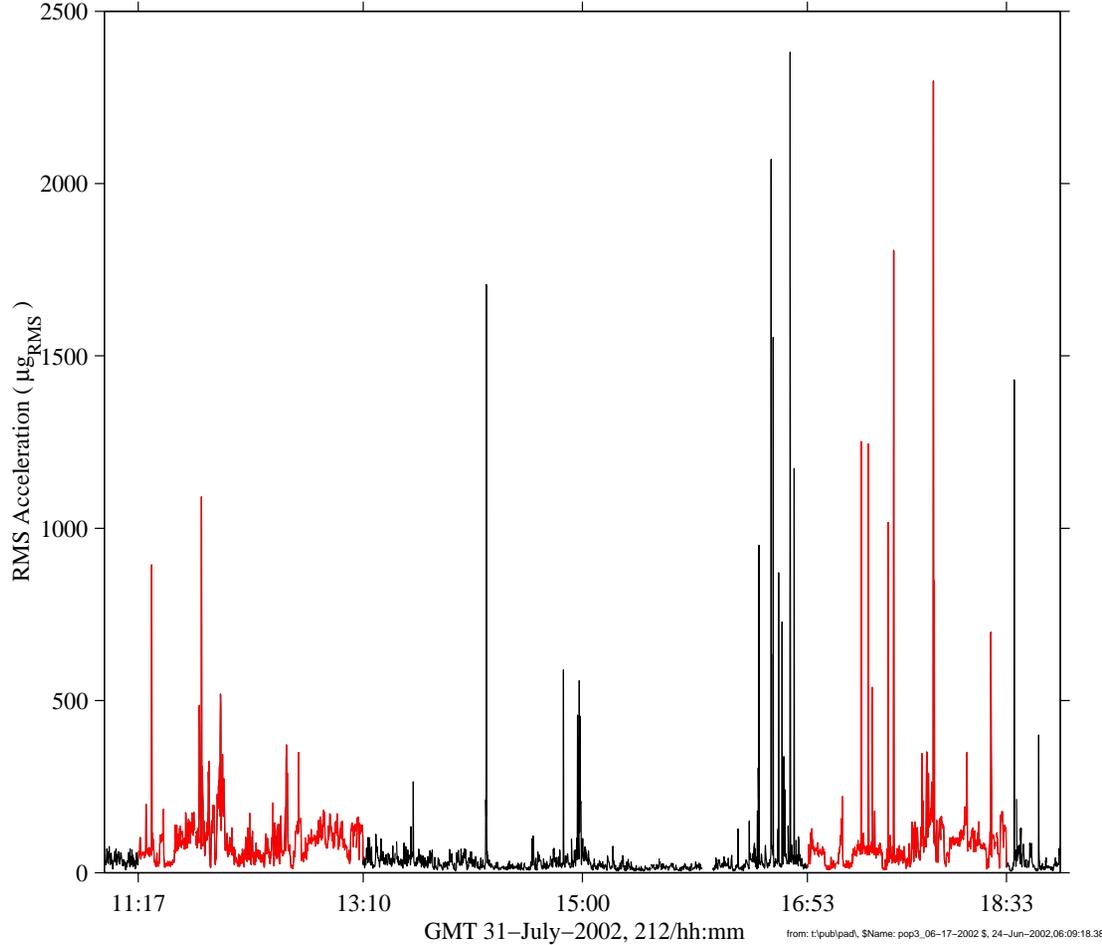
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Velosiped (Velo) Exercise QUANTIFY

sams2, 121f02 at LAB1O2, ER1, Drawer 1:[128.73 -23.53 144.15]
 250.0 sa/sec (100.00 Hz)
 $\Delta f = 0.122$ Hz, Nfft = 2048
 Temp. Res. = 8.192 sec, No = 0

Velo Exercise, $0 < f < 5$ Hz
 Start GMT 31-Jul-2002, 212/11:00:00

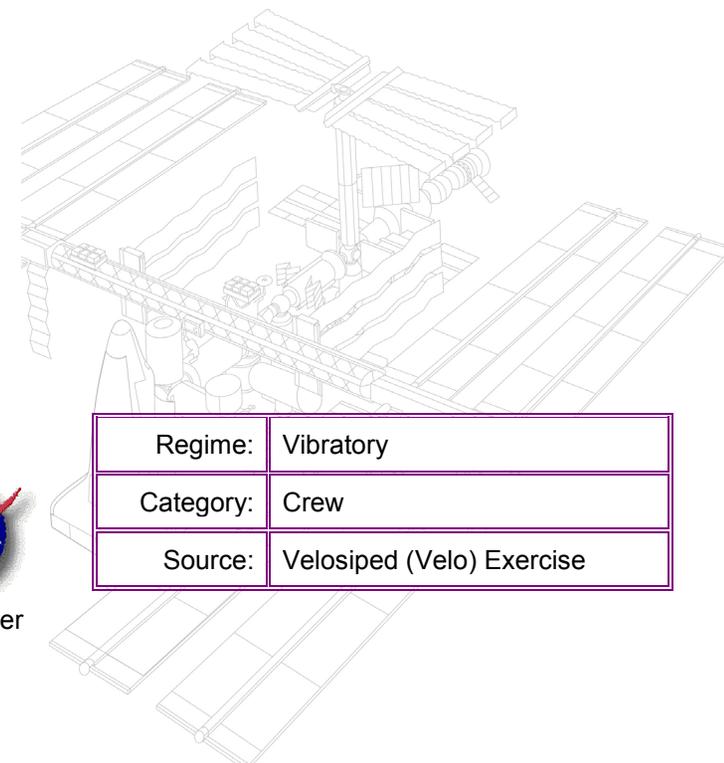
Increment: 5, Flight: UF2
 Sum
 Hanning, k = 3393
 Span = 8 hours



Data Description	
Sensor	121f02 250.0 sa/sec (100.00 Hz)
Location	LAB1O2, ER1, Drawer 1
Inc/Flight	Increment: 5, Flight: UF2
Plot Type	interval RMS

Notes:
 This figure shows that the RMS acceleration values below 5 Hz during the velo exercise periods (shown in red) are noticeably above baseline for this 8-hour period. Statistics computed from these data show:

Velo exercise periods' median: 74.1 μg_{RMS}
 Non-velo median: 23.8 μg_{RMS}



Regime:	Vibratory
Category:	Crew
Source:	Velosiped (Velo) Exercise



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