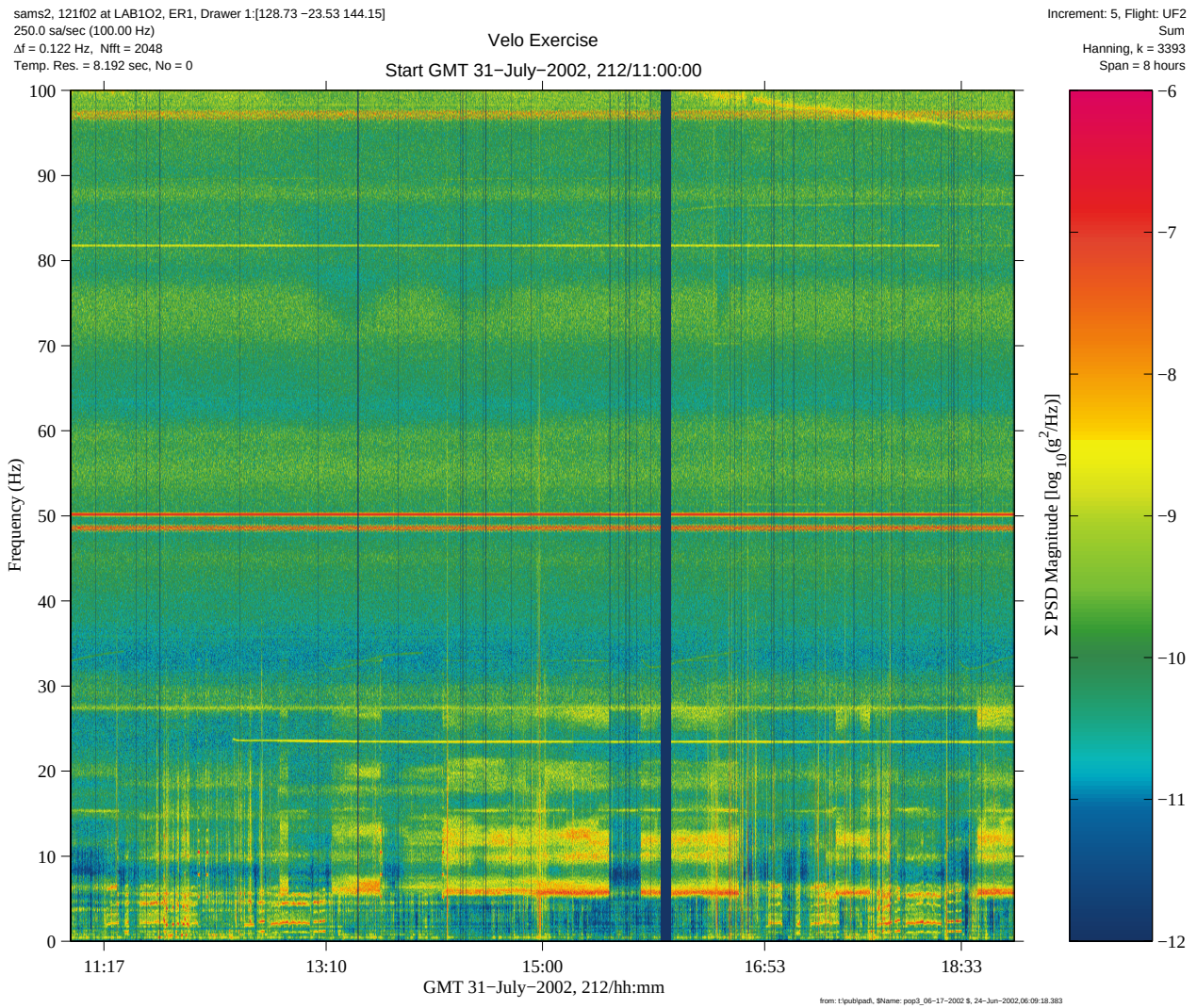
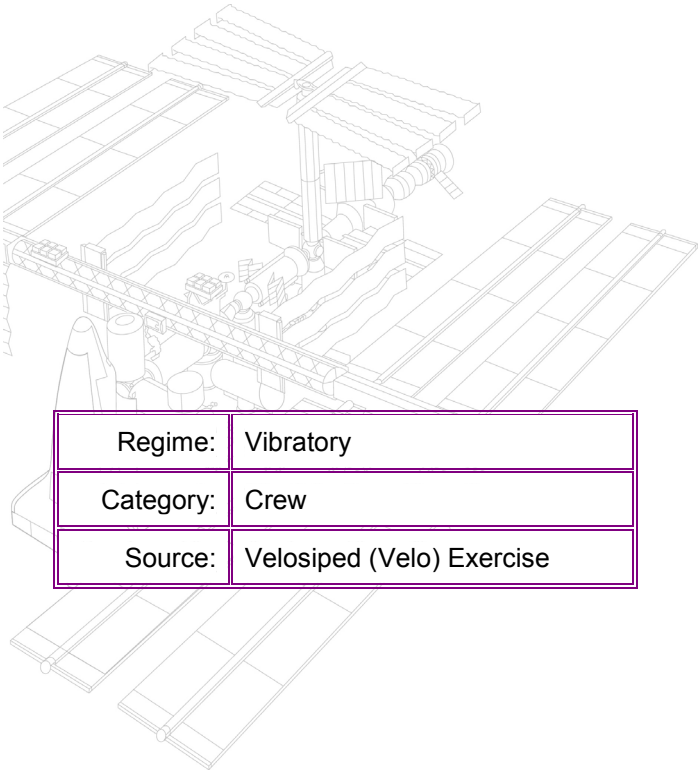
Velosiped (Velo) Exercise
QUALIFY



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

Notes:
The abbreviation velo is short for velosiped, a Russian bicycle exercise device – the abbreviation velo is to velosiped 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:	Velosiped (Velo) Exercise

Microgravity Science Division

Glenn Research Center

Velosiped (Velo) Exercise
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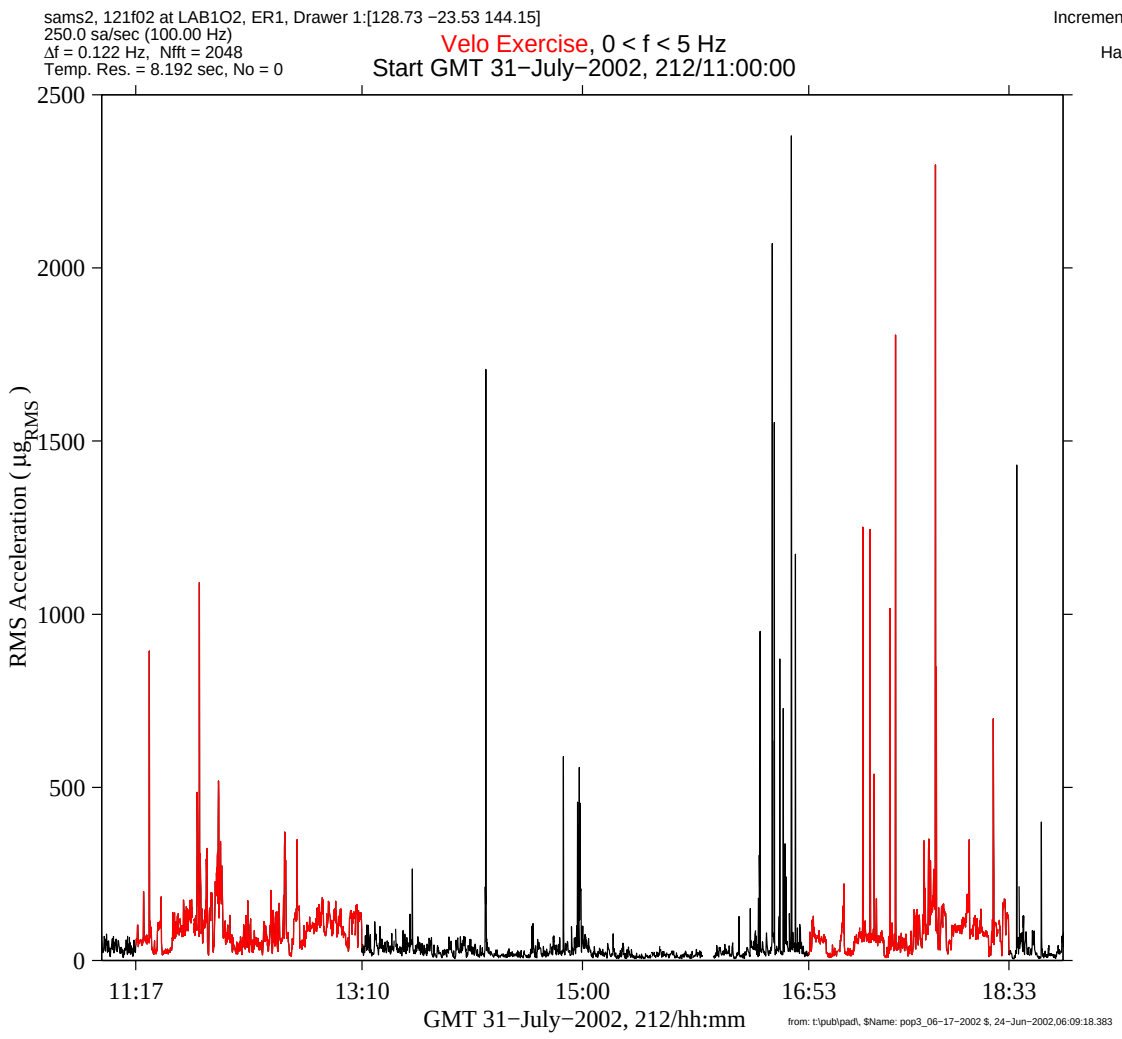
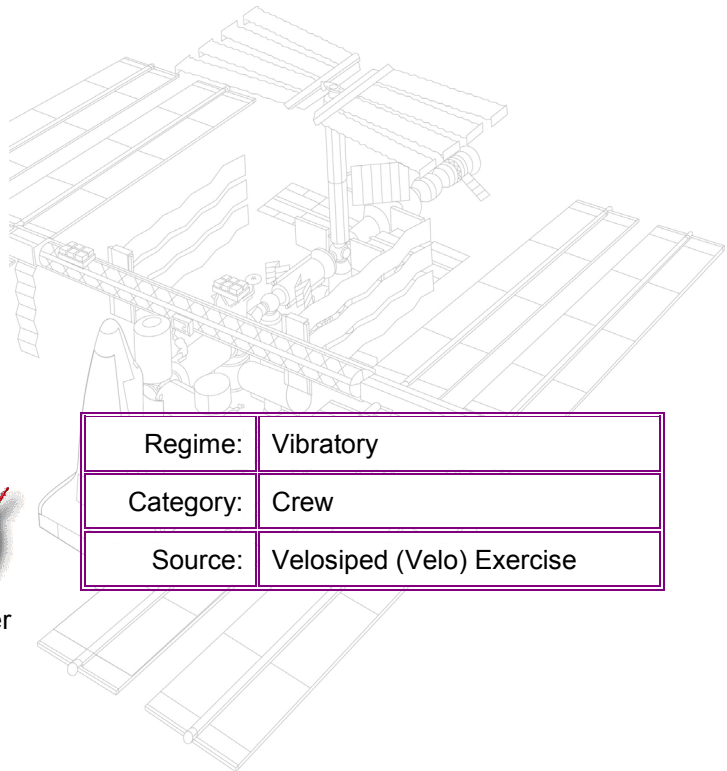


Data Description	
Sensor	121f02 250.0 sa/sec (100.00 Hz)
Location	LAB1O2, ER1, Drawer 1
Inc/Flight	Increment: 5, Flight: UF2
Plot Type	interval RMS

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}



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