

Lee-pak  
Tvis  
Inspect  
1.5  
2.5  
3.7  
3-0026 David  
8-7184 Noel  
3-2371 Mike  
3-2728 Mark  
1-4918 Bruce  
2-2310 Corey

chee-ka = pins  
BAHKA  
BAHKA

Push-ka = handle

СВАРА

DEPS  
УПРАЖНЕНИЕ

"razhalka" stick

"pleen-yella"  
"pleen-yell"

Inspect:  
- Motor Box  
- Vis/Electrical Box  
- Test terminals Box

cof/brn  
"pal-cright"

Insulation bongass



#trainlikemike

1  
00:00:20,230 --> 00:00:18,710  
hey everyone this is mike hopkins nasa

2  
00:00:21,910 --> 00:00:20,240  
astronaut getting ready to launch the

3  
00:00:25,269 --> 00:00:21,920  
international space station as part of

4  
00:00:26,790 --> 00:00:25,279  
expeditions 37 and 38. and i'm in the

5  
00:00:29,349 --> 00:00:26,800  
countermeasures training room here at

6  
00:00:31,429 --> 00:00:29,359  
nasa jsc and today i'm going to talk to

7  
00:00:33,830 --> 00:00:31,439  
you about the exercise bike that we use

8  
00:00:36,150 --> 00:00:33,840  
up on orbit now right now it looks very

9  
00:00:38,709 --> 00:00:36,160  
similar to the bike that you might see

10  
00:00:40,549 --> 00:00:38,719  
in a gym here on earth but in reality

11  
00:00:43,270 --> 00:00:40,559  
when we get up on orbit it looks quite

12  
00:00:45,670 --> 00:00:43,280  
different in fact this is a picture of

13  
00:00:47,910 --> 00:00:45,680

astronaut jeff williams on orbit and you

14

00:00:49,910 --> 00:00:47,920

can see we don't have the handlebars or

15

00:00:51,590 --> 00:00:49,920

we don't have the seat because you are

16

00:00:52,790 --> 00:00:51,600

able to float so you just have to strap

17

00:00:55,350 --> 00:00:52,800

your feet in

18

00:00:57,029 --> 00:00:55,360

with the with the normal biking shoes

19

00:00:59,029 --> 00:00:57,039

and away you go

20

00:01:01,510 --> 00:00:59,039

now how do we start

21

00:01:04,549 --> 00:01:01,520

well much like the treadmill we actually

22

00:01:06,469 --> 00:01:04,559

have a control uh computer here and

23

00:01:08,230 --> 00:01:06,479

it'll not only give us the the different

24

00:01:10,469 --> 00:01:08,240

workouts that we might have on orbit but

25

00:01:11,990 --> 00:01:10,479

it'll record our heart rate it'll record

26

00:01:13,990 --> 00:01:12,000

what watts we're using what kind of

27

00:01:15,749 --> 00:01:14,000

loads and how fast we're going and so

28

00:01:17,670 --> 00:01:15,759

again we can look at that

29

00:01:18,950 --> 00:01:17,680

at the end of a workout and decide how

30

00:01:21,350 --> 00:01:18,960

well we're doing

31

00:01:22,310 --> 00:01:21,360

and then another little piece much like

32

00:01:27,590 --> 00:01:22,320

the

33

00:01:29,590 --> 00:01:27,600

because again we don't want to impart

34

00:01:31,510 --> 00:01:29,600

these loads into the station

35

00:01:33,990 --> 00:01:31,520

and so the bike is actually mounted on a

36

00:01:36,630 --> 00:01:34,000

rack like this and it has vibration

37

00:01:38,069 --> 00:01:36,640

isolation system as well and that system

38

00:01:39,749 --> 00:01:38,079

is these springs and so there will be

39

00:01:42,069 --> 00:01:39,759

springs at each of these corners and

40

00:01:44,469 --> 00:01:42,079

they're basically designed

41

00:01:46,870 --> 00:01:44,479

to absorb the load as you're biking a

42

00:01:48,789 --> 00:01:46,880

little interesting tidbit here

43

00:01:50,469 --> 00:01:48,799

so on orbit when they first started

44

00:01:52,310 --> 00:01:50,479

using this there was a lot of times when

45

00:01:54,550 --> 00:01:52,320

this spring would bottom out

46

00:01:56,149 --> 00:01:54,560

and so to overcome that well

47

00:01:58,230 --> 00:01:56,159

they found a good use for dirty old

48

00:02:00,550 --> 00:01:58,240

socks and uh so this we can put right in

49

00:02:03,030 --> 00:02:00,560

the middle there and that'll help us

50

00:02:04,950 --> 00:02:03,040

keep from bottoming out and so again

51

00:02:07,109 --> 00:02:04,960

this is our exercise bike that uh that