Biomechanical Analyis of Treadmill Exercise on the ISS

(Treadmill Kinematics)

Expeditions 27-34

March 2011-March 2013

The purpose of this experiment is to find the best exercise on the treadmill to prevent muscle and bone loss in space.

Man running on treadmill

Photo Credit: NASA

We're going to find out the best exercise on the treadmill in space.

These are some examples of people exercising on the treadmill in the ISS.

While running on the treadmill you can watch T.V or go work on the computer

Photo Credit: NASA

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There will be 6 people doing 30 sessions.

You have to be strapped down so you don't float off.

Photo Credit: NASA

Treadmills are built differently for space than for Earth.

Photo Credit: NASA

After they do all the 30 sessions the astronauts will find the best exercise.

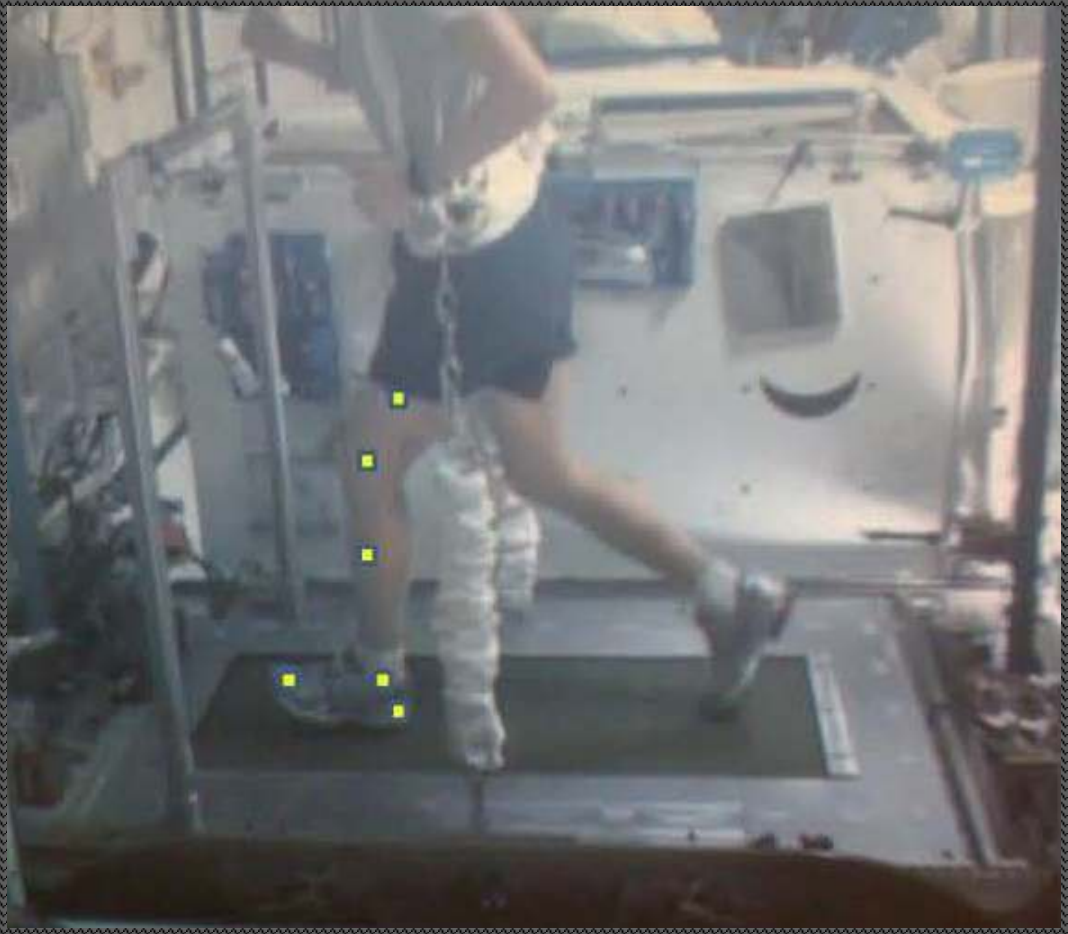

Photo Credit: NASA

Our experiment is about the treadmill and how it prevents muscle and bone damage. This experiment was chosen because we have been talking about muscles and bones in school. We learned a lot about living in space.