

GYM EQUIPMENT

The NASTAR Center's GYM equipment is a suite of three physiologic training devices that work to improve balance, coordination, and task-saturation in flight. The three devices called the Wheel, the Gyro, and the Loop, combine with a rigorous physical fitness curriculum that desensitizes pilots to aviation environments. The GYM Equipment is used in medical screening and selection of pilot candidates, in human performance evaluations, and can be outfitted with physiological parameter measurement equipment. Synchronized exercises can contribute to individual and collective concentration and coordination during advanced maneuvers and formation flight.



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APPLICATIONS

- Vestibular Desensitization
- Physiologic Conditioning
- Medical Screening & Monitoring
- Pilot Selection
- Task Load Control Evaluation
- Concentration Enhancement
- Balance & Movement Improvement
- Formation Flying Coordination

SPECIFICATIONS

- The Wheel: crossing and parallel rotations
- The Gyro: three (3) simultaneous axial rotations
- The Loop: simultaneous pendular, front-plan, & crosswise rotations

VALUES

- Able to monitor trainee in conjunction with biomedical monitoring devices
- Enhance state of balance and coordination of pilots
- Improve personal physical fitness
- Improve overall concentration and task management

