

PENNSYLVANIA STATE UNIVERSITY



IE 553

Engineering of Human Work

Dr. Andris Freivalds

Class #28

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Cycling Work



- Lifting 8.25 lbs, 20 in., 6/min
- $E_{ave} = 1.5$ kcal/min, $E_r = 1.3$ kcal/min
- $E_w = [E_{ave}(T_w + T_r) - E_r \times T_r] / T_w$