

Figure 13. (Aircrew Series—Legs) Composite Fatigue Curves Improving for Ten Consecutive Days. Each day they said they did their absolute best and each subsequent day they found they could do more through improved training.

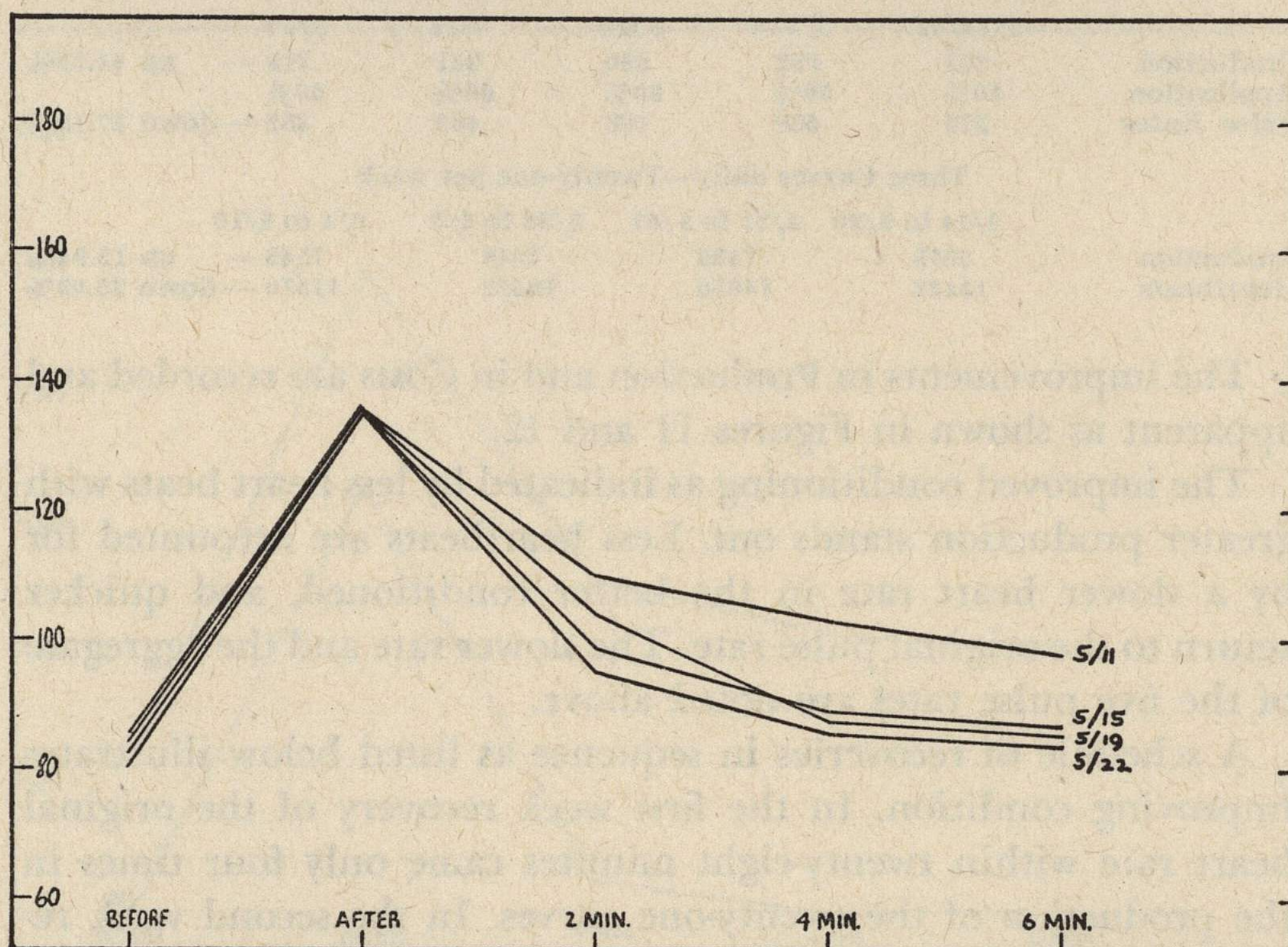


Figure 14. Composite Curves of Condition Corresponding to Four of the Days Shown in Figure 13. These curves show the improvement in condition through hard work.