

Figure 15. (Aircrew Series—Arms) Eight Composite Fatigue Curves Illustrating Progressively Improved Production. Arms fatigue in the usual pattern of declining returns from efforts. The approximately 200 Aircrew soldiers discovered they could use their arms much better with improved training.

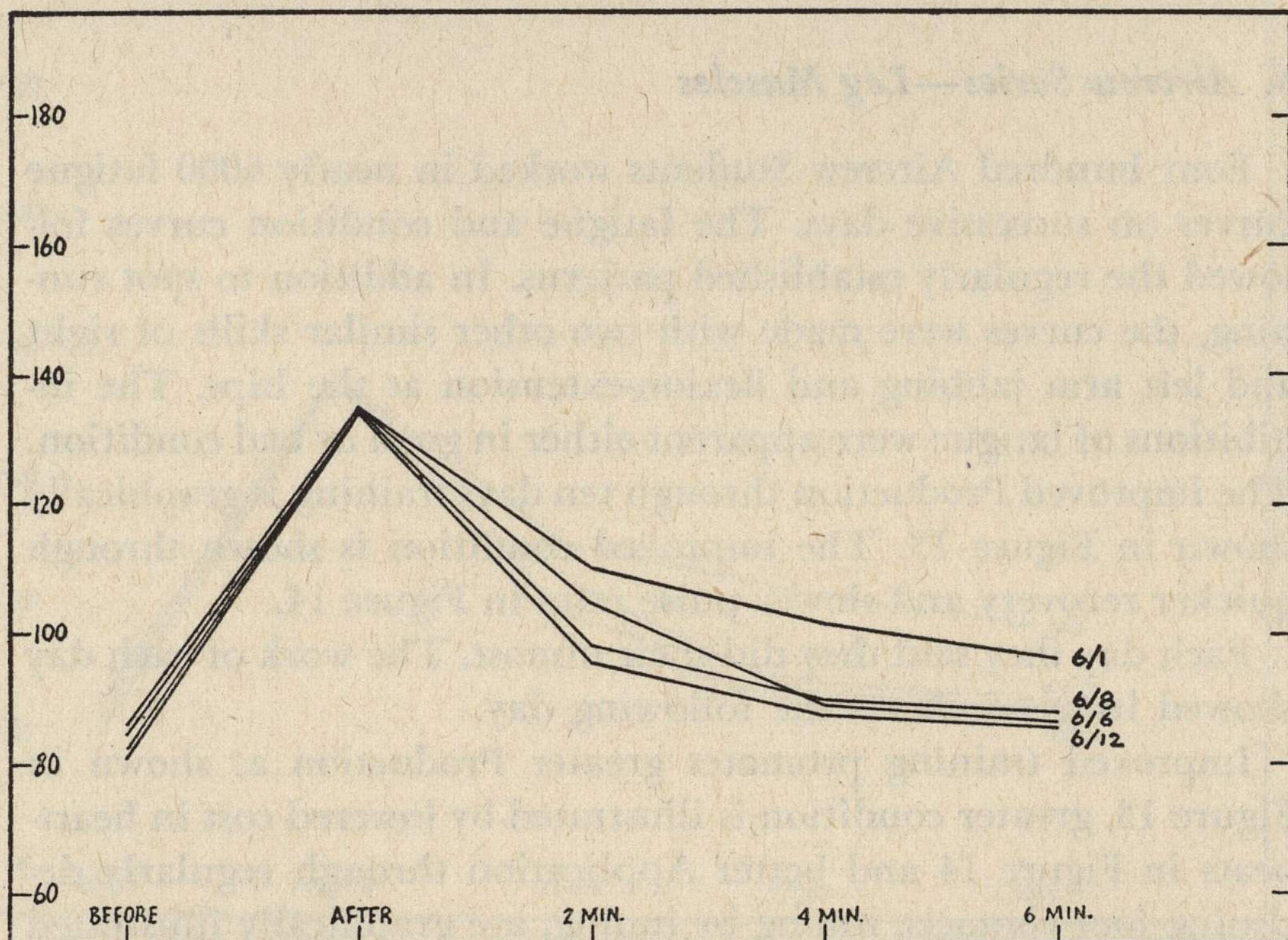


Figure 16. Composite Curves of Condition Corresponding to Four of the Days Shown in Figure 15. The subsequent curves of condition show less cost in heartbeats as condition improves. Greater work with less cost in heartbeats is the sign of improving condition.