Cycle Ergometer with Vibration Isolation (CEVIS)  
[[ Record Viewer ] NLSP](https://nlsp.nasa.gov/view/lsdapub/lsda_hardware/IDP-LSDA_HARDWARE-0000000000000004)  
Cycle Ergometer (LSDA Hardware) — Description of an aerobic exercise machine (bike) at the NASA Hardware Base.  
[High intensity training during spaceflight: results from the NASA Sprint Study | npj Microgravity](https://www.nature.com/articles/s41526-020-00111-x)  
High intensity training during spaceflight — A research paper explaining the functions of CEVIS and duties related to aerobic training in space.  
  
[Astronaut Mike Demonstrates the Space Bicycle CEVIS | NASA Science HD](https://www.youtube.com/watch?v=T7RSyQ59rmM)  
Astronauts Use Portable Ultrasound in Space / CEVIS Video — Video showing the crew using CEVIS in space.  
  
summary  
The **CEVIS (Cycle Ergometer with Vibration Isolation and Stabilization System)** is a stationary bike equipped with vibration isolation to prevent exercise forces from transmitting to the station’s structure. It is used for aerobic (cardiovascular) training aboard ISS.   
Its workload range is approximately 25 to 350 watts, with pedal speeds from ~30 to 120 rpm.   
The device provides real-time metrics such as pedaling speed, workload, elapsed time, and heart rate to guide exercise sessions.

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