COLBERT Treadmill / T2 on ISS  
[Space Station Astronaut Demonstrates the COLBERT Treadmill | NASA Science Video](https://www.youtube.com/watch?v=mcYw05FnN20)  
Space Station Astronaut Demonstrates the COLBERT Treadmill (YouTube) — Video showing the use of the COLBERT device on the ISS.  
  
[ESA - T2 Colbert Treadmill](https://www.esa.int/Science_Exploration/Human_and_Robotic_Exploration/Node-3_Cupola/T2_Colbert_Treadmill)  
ESA – T2 Colbert Treadmill — Description from ESA of the treadmill (T2/COLBERT) and how it is designed to reduce vibration.  
  
[Astronauts Build Stephen Colbert’s Space Treadmill | Space](https://www.space.com/7384-astronauts-build-stephen-colberts-space-treadmill.html)  
Astronauts Build Stephen Colbert’s Space Treadmill — A story from Space.com describing the device and its structural features.  
  
summary:  
The **COLBERT treadmill** (also called T2) is a treadmill for running/walking in space, specially engineered to minimize vibration transfer to experiments and the station structure. It includes a vibration isolation system, sometimes passive, minimizing power consumption.   
Crew members wear harnesses or bungee cords to stay in contact with the treadmill, since there is no gravity to hold them down.   
The treadmill is engineered to spread loads safely through the ISS structural elements even during extended running sessions.  
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