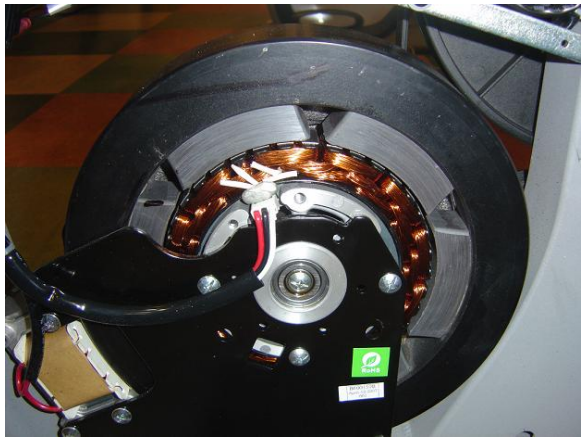
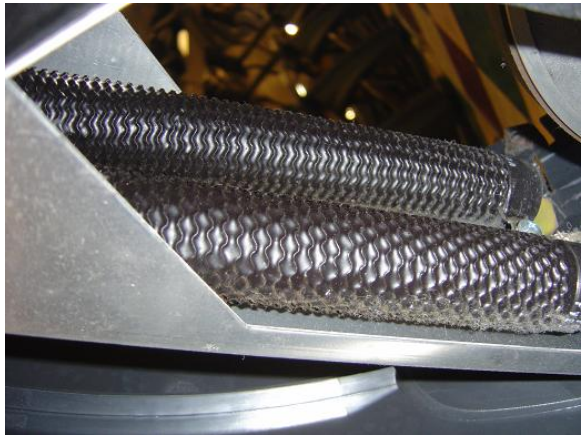
OSU Dixon Rec Center

ReCardio Demonstration Project





Position your feet in the footplates while holding the handrails. Stand upright while striding forward. Next, try changing direction and going backward.
Option 1
Press QUICKSTART.
FOR PROGRAMMED COURSES:
Option 2
Press ENTER.
Manual
Interval
Cross Training
Weight Loss Course

HIGH
BL
PRES
BLOOD PRESSURE SCREE
CAN EXERCISE PREVENT

Above Market Cost Test

NPV Revenue from electricity savings	$771
Total Revenues	**$771**
Minus	
Project's upfront installed cost	($14,000)
Costs for reporting data collection	($1,000)
O & M costs (fully covered under warranty)	$0
Total costs	**($15,000)**
NPV Net above-market costs	***($14,229)***
Incentive ($5,812.50) as percentage of above market costs	41%

Generation Analysis Scenarios

	Machines	Watts	Hours in use	Days per year	Total Annual kWh	
Conservative Estimate	15	75	6	200	1350	Academic Year
	10	50	4	120	240	Summer Hours
					1590	**Total kWh**

	Machines	Watts	Hours in use	Days per year	Total Annual kWh	
Midpoint Estimate	18	100	8	200	2880	Academic Year
	12	100	4	120	576	Summer Hours
					3456	**Total kWh**

	Machines	Watts	Hours in use	Days per year	Total Annual kWh	
High Case Estimate	22	150	12	200	7920	Academic Year
	18	100	6	120	1296	Summer Hours
					9216	**Total kWh**