



1  
00:00:00,836 --> 00:00:01,066  
>> Commander Scott Kelly: Hi.

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00:00:01,376 --> 00:00:04,616  
I'm Captain Scott Kelly,  
Commander of the Expedition 26 crew

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00:00:04,616 --> 00:00:06,226  
for the International Space Station.

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00:00:07,096 --> 00:00:11,846  
Microgravity provides a lot of  
difficulties for us in space.

5  
00:00:11,946 --> 00:00:13,796  
It also makes some things easier.

6  
00:00:14,366 --> 00:00:21,006  
But one of the major impacts it has is the  
effect on our bodies, specifically with regards

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00:00:21,006 --> 00:00:24,166  
to the loss of bone mass and muscle mass.

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00:00:25,606 --> 00:00:30,706  
One of the ways we mitigate that is  
with exercise, and one of the things --

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00:00:31,186 --> 00:00:35,156  
one of the devices we use is right behind me,

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00:00:35,156 --> 00:00:39,336  
and it's called the Advanced  
Resistive Exercise Device.

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00:00:39,796 --> 00:00:46,816  
Basically, it's a weightlifting machine that  
uses cylinders of air to provide resistance,

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00:00:47,106 --> 00:00:50,006

and it actually feels like real weight.

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00:00:50,086 --> 00:00:54,346

It's a really, really well-designed piece of equipment, and we really like it,

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00:00:54,876 --> 00:01:01,436

and we use it six days a week here on the International Space Station.

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00:01:01,436 --> 00:01:06,366

It's located in the Node 3 module, and it's also located on the ceiling,

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00:01:06,366 --> 00:01:11,286

so when you're lifting weights, you're lifting upside down.

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00:01:12,666 --> 00:01:14,006

So let's get started.

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00:01:18,956 --> 00:01:25,656

The first exercise I'd like to show you today is squats, and today is my six-squat

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00:01:26,486 --> 00:01:30,096

or six-rep day, and I'm doing the squats of 240 pounds.

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00:01:35,126 --> 00:01:39,646

The next exercise I want to show you are heel raises.

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00:01:40,046 --> 00:01:42,586

We use a little block here to raise our feet up.

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00:02:04,716 --> 00:02:10,326

This bar actually has two positions: An

upward position for exercise like squats

23  
00:02:10,596 --> 00:02:16,146  
and heel raises, and then a lower position for  
other exercises like dead lifts or bench press.

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00:02:24,126 --> 00:02:32,576  
In this case next I'm going to do the dead lift.

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00:02:32,576 --> 00:02:37,196  
I don't know if you notice, I keep looking  
up, because that's where the cupola is,

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00:02:37,196 --> 00:02:39,486  
and this is the view, looking up.

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00:02:39,566 --> 00:02:45,646  
So when we're doing our exercises here, if we're  
going to be laying down and using this device

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00:02:45,796 --> 00:02:49,356  
to bench press, we can actually look  
out at the beautiful planet Earth.

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00:02:50,356 --> 00:02:55,256  
It's quite a spectacular view.

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00:02:56,266 --> 00:02:59,626  
We do a lot of leg exercises,  
as you can see here.

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00:02:59,876 --> 00:03:06,736  
The reason for that is most of the  
critical areas where we lose bone mass are

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00:03:06,736 --> 00:03:11,186  
in our hips and our thighs, even your heels.

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00:03:11,186 --> 00:03:16,746

So a lot of the exercises, we do exercise those specific areas.

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00:03:16,806 --> 00:03:22,626  
We're going to start now are some shoulder presses, which uses a small bench.

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00:03:43,256 --> 00:03:46,246  
You see a cable upright row.

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00:04:00,176 --> 00:04:05,286  
The last exercise that we'll show you is the bicep curls

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00:04:22,186 --> 00:04:28,126  
Well, hope you enjoyed seeing how we worked out here on the International Space Station,

38  
00:04:28,826 --> 00:04:32,456  
and you learned a little bit about the effects of microgravity on our bodies,

39  
00:04:32,516 --> 00:04:35,086  
and how we mitigate those effects.