

EXPEDITION 29



**MICHAEL FOSSUM**  
Commander

1  
00:00:00,080 --> 00:00:02,650  
This is Mission Control Houston.

2  
00:00:02,650 --> 00:00:09,890  
The Expedition 29 crew, off of a restful weekend of off-duty time and family conferences,

3  
00:00:09,890 --> 00:00:14,070  
has kicked off the new work week with combination of the science work

4  
00:00:14,070 --> 00:00:17,100  
and maintenance operations on board.

5  
00:00:17,100 --> 00:00:21,490  
Commander Mike Fossum was the first of three crew members to have exercise

6  
00:00:21,490 --> 00:00:24,750  
on the Advanced Resistive Exercise Device today.

7  
00:00:24,750 --> 00:00:31,130  
Exercise that was a videotaped and sent down live to let the flight surgeons get a look

8  
00:00:31,130 --> 00:00:33,890  
at the crew members while they were exercising to make sure

9  
00:00:33,890 --> 00:00:40,010  
that they were a doing the exercises properly as well as to give the engineers an opportunity

10  
00:00:40,010 --> 00:00:42,980  
to assess the operation of the equipment.

11  
00:00:42,980 --> 00:00:48,480  
For Fossum, he also had time spent setting up the ultrasound equipment in the Columbus module

12

00:00:48,480 --> 00:00:52,690

for these Sprint experiment  
which he will take part in.

13

00:00:52,690 --> 00:00:59,480

They will be sending out ultrasound images of  
his leg during periods of intense exercise.

14

00:00:59,480 --> 00:01:02,780

Researchers for the Sprint  
experiment want to learn

15

00:01:02,780 --> 00:01:09,210

if short intense exercise has a better  
preventative effect against bone and muscle loss

16

00:01:09,210 --> 00:01:12,890

and they have better effect on  
improved cardiovascular function

17

00:01:12,890 --> 00:01:18,790

than does a less intense exercise that is  
conducted over a longer period of time.

18

00:01:18,790 --> 00:01:26,170

Flight Engineer Sergei Volkov spent his Monday  
morning on TYPOLOGY, that's a Russian experiment

19

00:01:26,170 --> 00:01:33,470

that uses computer games to judge a cosmonauts'  
mental state and their ability to perform tasks.

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00:01:33,470 --> 00:01:38,060

He also spent a lot of his afternoon a  
pre-packing the Progress vehicle that's

21

00:01:38,060 --> 00:01:40,680

currently docked at the International  
Space Station.

22

00:01:40,680 --> 00:01:46,800

That pre-packing activity is being done in advance of that Progress ship's

23

00:01:46,800 --> 00:01:52,430

to scheduled departure from the International Space Station on October the 29th.

24

00:01:52,430 --> 00:01:58,210

Flight Engineer Satoshi Furukawa was busy all morning doing a maintenance

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00:01:58,210 --> 00:02:03,030

on the local area network router in the space station's Harmony module.

26

00:02:03,030 --> 00:02:08,210

He followed that up, spending parts of his afternoon setting up the Node 2 computers again,

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00:02:08,210 --> 00:02:11,730

once that router maintenance was completed.

28

00:02:11,730 --> 00:02:16,510

The plan for the crew members for Tuesday includes more science work for each of them,

29

00:02:16,510 --> 00:02:22,320

as well as time devoted to trash cleanup and Progress packing,