



1
00:00:02,206 --> 00:00:03,936
This is Mission Control,
Houston.

2
00:00:04,466 --> 00:00:07,706
A lot of science work on board
the International Space Station

3
00:00:07,706 --> 00:00:11,166
on the agenda to start this
new week, but also a lot

4
00:00:11,166 --> 00:00:13,596
of work being done
for preparation

5
00:00:13,596 --> 00:00:16,236
for a big activity that's
coming up next week.

6
00:00:16,666 --> 00:00:17,856
Commander Gennady Padalka

7
00:00:17,856 --> 00:00:20,986
and Flight Engineer Yuri
Malenchenko spent Monday

8
00:00:20,986 --> 00:00:24,206
outfitting the Orlan
spacesuits that they'll wear

9
00:00:24,206 --> 00:00:27,146
for a spacewalk next
Monday, August 20.

10
00:00:27,636 --> 00:00:30,796
They'll be going outside
to relocate a cargo crane

11

00:00:30,796 --> 00:00:34,226
from the Pirs docking
compartment to the Zarya module,

12

00:00:34,316 --> 00:00:37,746
as well as to install
some new debris shielding

13

00:00:37,746 --> 00:00:40,596
on the Zvezda module,
deploy a small satellite

14

00:00:40,766 --> 00:00:43,296
and retrieve some
exposure experiments.

15

00:00:44,396 --> 00:00:47,536
Flight Engineer Sergei Revin
spent much of his day working

16

00:00:47,536 --> 00:00:50,646
with the Russian laptop
computer software updates,

17

00:00:50,876 --> 00:00:53,046
as well as virus
protection operations,

18

00:00:53,046 --> 00:00:54,756
and then the afternoon

19

00:00:54,906 --> 00:00:57,426
on a Russian experiment
that is called Bar.

20

00:00:57,776 --> 00:01:00,936
In that experiment, the
investigators are testing

21

00:01:00,936 --> 00:01:05,216

out principles and methods for
space station leak control.

22

00:01:06,216 --> 00:01:09,526

Flight Engineer Aki Hoshide
started out the day setting

23

00:01:09,526 --> 00:01:12,866

up the ultrasound hardware
for the Sprint experiment

24

00:01:13,196 --> 00:01:16,146

and then got some help from
Flight Engineer Joe Acaba

25

00:01:16,496 --> 00:01:18,806

to don some of that hardware.

26

00:01:19,296 --> 00:01:22,916

Then with ground help,
Hoshide did self-scans

27

00:01:22,916 --> 00:01:25,336

of his leg during exercise.

28

00:01:25,866 --> 00:01:28,806

The Sprint experiment
is evaluating how well

29

00:01:29,096 --> 00:01:33,756

high-intensity and low-volume
exercise sessions help maintain

30

00:01:33,756 --> 00:01:36,436

a crew member's physical
fitness as compared

31

00:01:36,436 --> 00:01:39,566

to a low-intensity
exercise that is conducted

32

00:01:39,746 --> 00:01:42,126
over a longer period of time.

33

00:01:42,456 --> 00:01:46,356
Joe Acaba also had time
on his schedule on Monday

34

00:01:46,666 --> 00:01:51,006
for maintenance on the Total
Organic Carbon Analyzer as well

35

00:01:51,006 --> 00:01:54,256
as maintenance with the
YouTube Space Lab experiment

36

00:01:54,256 --> 00:01:55,456
Spider Enclosure.

37

00:01:56,306 --> 00:01:58,166
For Flight Engineer
Suni Williams,

38

00:01:58,166 --> 00:02:00,976
she spent a good
portion of the early part

39

00:02:00,976 --> 00:02:03,016
of her day taking some samples

40

00:02:03,016 --> 00:02:05,766
for ongoing biological
investigations

41

00:02:05,766 --> 00:02:06,886
of station crew members.

42

00:02:07,366 --> 00:02:09,066
She also conducted maintenance

43

00:02:09,066 --> 00:02:12,856
on hardware inside the
Columbus laboratory module and,

44

00:02:12,856 --> 00:02:16,416
late in the day, did
ultrasound self-scans as part

45

00:02:16,416 --> 00:02:18,246
of the Sprint experiment too.

46

00:02:19,196 --> 00:02:21,446
Tuesday will see the
Russian crew members focusing

47

00:02:21,446 --> 00:02:23,496
on spacewalk preparation.

48

00:02:23,786 --> 00:02:28,266
The U.S. Operating System
crew members will be involved

49

00:02:28,266 --> 00:02:28,736
as well.

50

00:02:29,146 --> 00:02:32,566
Spacewalk prep is going on not
only for the Russian spacewalk

51

00:02:32,606 --> 00:02:35,996
to be conducted next week,
but the start of maintenance

52

00:02:35,996 --> 00:02:40,266
on the U.S. spacesuits for the
late August spacewalk that'll be

53

00:02:40,266 --> 00:02:42,136

conducted out of
the Quest airlock.

54

00:02:42,756 --> 00:02:45,256

Crew members also have a
lot of science operations,

55

00:02:45,556 --> 00:02:47,996

with Hoshide starting
the reconfiguration

56

00:02:47,996 --> 00:02:51,846

of a new aquatic habitat,
plus ultrasound examination

57

00:02:51,846 --> 00:02:55,466

of crew members' eyes as part
of the continuing investigation