



1  
00:00:06,950 --> 00:00:04,470  
the crew now aboard the space station is

2  
00:00:08,549 --> 00:00:06,960  
uh commander sunny williams along with

3  
00:00:14,709 --> 00:00:08,559  
her crewmates

4  
00:00:19,269 --> 00:00:16,550  
williams recently took command of the

5  
00:00:23,750 --> 00:00:21,510  
before undocking

6  
00:00:26,630 --> 00:00:23,760  
activities last night

7  
00:00:32,150 --> 00:00:26,640  
yesterday sunny

8  
00:00:36,790 --> 00:00:34,549  
took time off to uh

9  
00:00:38,389 --> 00:00:36,800  
participate in the malibu triathlon

10  
00:00:42,310 --> 00:00:38,399  
exercise

11  
00:00:44,869 --> 00:00:42,320  
the station

12  
00:00:45,910 --> 00:00:44,879  
to simulate the swimming

13  
00:00:47,510 --> 00:00:45,920

she had

14

00:00:49,750 --> 00:00:47,520

shown here she's actually using the

15

00:00:50,630 --> 00:00:49,760

advanced resistive exercise device this

16

00:00:53,029 --> 00:00:50,640

is

17

00:00:54,229 --> 00:00:53,039

the system that simulates weight lifting

18

00:00:55,990 --> 00:00:54,239

here on earth

19

00:00:58,470 --> 00:00:56,000

and here this simulates the muscles that

20

00:01:49,030 --> 00:00:58,480

she would be using as

21

00:01:53,990 --> 00:01:51,030

this is mission control houston again we

22

00:01:55,910 --> 00:01:54,000

are watching a

23

00:01:58,230 --> 00:01:55,920

video that was downlinked from uh

24

00:02:01,270 --> 00:01:58,240

yesterday's yesterday morning's

25

00:02:04,789 --> 00:02:01,280

activities with the

26  
00:02:07,590 --> 00:02:04,799  
the now commander of the space station

27  
00:02:09,190 --> 00:02:07,600  
sunny williams who is uh participating

28  
00:02:11,350 --> 00:02:09,200  
in the

29  
00:02:13,750 --> 00:02:11,360  
malibu triathlon

30  
00:02:19,510 --> 00:02:13,760  
here she is using the advanced

31  
00:02:25,270 --> 00:02:23,110  
and in that view she had just removed

32  
00:02:28,070 --> 00:02:25,280  
the bar

33  
00:02:29,750 --> 00:02:28,080  
that she was using to perform the

34  
00:02:59,030 --> 00:02:29,760  
exercise that helps to simulate the

35  
00:03:02,949 --> 00:03:01,350  
and houston station on two we're done

36  
00:03:04,790 --> 00:03:02,959  
with the simulated swim in the

37  
00:03:06,630 --> 00:03:04,800  
transition and get ready for the bike

38  
00:03:19,430 --> 00:03:06,640

over in the lab

39

00:03:23,750 --> 00:03:21,990

again this is a replay

40

00:03:25,270 --> 00:03:23,760

of that downlink video from yesterday

41

00:03:28,229 --> 00:03:25,280

that was an exchange between uh

42

00:03:30,710 --> 00:03:28,239

commander sunny williams

43

00:03:32,390 --> 00:03:30,720

on her uh

44

00:03:37,910 --> 00:03:32,400

with that capcom who was serving as

45

00:05:03,670 --> 00:03:40,630

now transitioning to the

46

00:05:11,430 --> 00:05:05,270

this is mission control houston we're

47

00:05:15,749 --> 00:05:13,189

video that was downlinked after

48

00:05:18,550 --> 00:05:15,759

yesterday morning's activity just before

49

00:05:22,550 --> 00:05:20,710

soyuz

50

00:05:24,390 --> 00:05:22,560

undocking and successful landing last

51  
00:05:26,310 --> 00:05:24,400  
night this is

52  
00:05:27,990 --> 00:05:26,320  
the now commander of the space station

53  
00:05:32,710 --> 00:05:28,000  
sunny williams who is participating in

54  
00:05:37,590 --> 00:05:35,110  
she's using

55  
00:05:39,350 --> 00:05:37,600  
all three pieces of equipment there

56  
00:05:41,430 --> 00:05:39,360  
or exercise equipment they're aboard the

57  
00:05:47,029 --> 00:05:41,440  
international space station she started

58  
00:05:50,950 --> 00:05:49,110  
using the advanced resistive exercise

59  
00:05:52,950 --> 00:05:50,960  
device that simulates weight lifting

60  
00:05:54,390 --> 00:05:52,960  
here on earth

61  
00:05:56,550 --> 00:05:54,400  
use that

62  
00:05:58,469 --> 00:05:56,560  
machine to also simulate the swim

63  
00:06:01,670 --> 00:05:58,479

portion of her

64

00:06:22,710 --> 00:06:01,680

triathlon and then now transition to the

65

00:06:28,790 --> 00:06:24,790

again williams had participated in the

66

00:06:33,029 --> 00:06:28,800

malibu triathlon yesterday morning

67

00:06:36,629 --> 00:06:33,039

before the undocking of her

68

00:06:40,870 --> 00:06:38,390

previously commander previous commander

69

00:06:43,110 --> 00:06:40,880

of the station gennady padalka sergey

70

00:06:47,590 --> 00:06:43,120

revin and joe acaba

71

00:06:50,390 --> 00:06:47,600

who had spent 125 days there in space

72

00:06:56,790 --> 00:06:50,400

123 days there aboard the international

73

00:07:01,029 --> 00:06:58,309

williams now

74

00:07:02,790 --> 00:07:01,039

in command of the space station

75

00:07:06,390 --> 00:07:02,800

along with her uh

76

00:07:12,710 --> 00:07:08,870

aki hoshide

77

00:07:18,230 --> 00:07:14,870

currently in the

78

00:07:21,510 --> 00:07:19,670

meal for the day aboard the

79

00:07:23,830 --> 00:07:21,520

international space station we are

80

00:07:27,270 --> 00:07:23,840

looking at replay that was sent down

81

00:07:30,790 --> 00:07:27,280

from yesterday morning's activity

82

00:07:32,550 --> 00:07:30,800

here now we see uh williams

83

00:07:34,550 --> 00:07:32,560

on the treadmill

84

00:07:36,710 --> 00:07:34,560

doing the running portion of the

85

00:07:38,070 --> 00:07:36,720

triathlon

86

00:07:41,589 --> 00:07:38,080

again williams participating in the

87

00:07:43,350 --> 00:07:41,599

malibu triathlon began with the

88

00:07:48,390 --> 00:07:43,360

swim

89

00:07:50,629 --> 00:07:48,400

resistive exercise device and transition

90

00:07:56,790 --> 00:07:50,639

to the stationary bicycle and we now see

91

00:08:15,350 --> 00:07:59,909

using the onboard treadmill for the

92

00:08:20,550 --> 00:08:17,510

while exercise is important

93

00:08:21,830 --> 00:08:20,560

for all human beings here on earth it is

94

00:08:23,990 --> 00:08:21,840

essential

95

00:08:25,670 --> 00:08:24,000

for

96

00:08:27,189 --> 00:08:25,680

crew members living

97

00:08:32,469 --> 00:08:27,199

aboard the international space station

98

00:08:40,070 --> 00:08:34,310

williams is an active participant in

99

00:08:46,389 --> 00:08:42,149

while uh she has

100

00:08:47,829 --> 00:08:46,399

regular two-hour exercise she had

101  
00:08:49,269 --> 00:08:47,839  
been training to participate in the

102  
00:08:51,829 --> 00:08:49,279  
triathlon

103  
00:08:54,949 --> 00:08:51,839  
before her flight and

104  
00:08:57,190 --> 00:08:54,959  
sunday morning yesterday morning before

105  
00:08:58,790 --> 00:08:57,200  
her crew members departed from the

106  
00:09:01,350 --> 00:08:58,800  
international space station she was able

107  
00:09:05,030 --> 00:09:01,360  
to participate in that malibu triathlon

108  
00:09:09,670 --> 00:09:07,269  
advanced resistive exercise device to

109  
00:09:11,670 --> 00:09:09,680  
simulate the swim portion then moved on

110  
00:09:15,110 --> 00:09:11,680  
to the cycle

111  
00:09:17,990 --> 00:09:15,120  
and is now using the treadmill

112  
00:09:19,990 --> 00:09:18,000  
these are the three pieces of exercise

113  
00:09:22,230 --> 00:09:20,000

equipment that are aboard onboard the

114

00:09:24,310 --> 00:09:22,240

international space station that help to

115

00:09:26,310 --> 00:09:24,320

keep astronauts fit

116

00:09:27,750 --> 00:09:26,320

and eliminate the negative effects on

117

00:09:30,310 --> 00:09:27,760

their bodies

118

00:09:31,350 --> 00:09:30,320

while staying on

119

00:09:33,829 --> 00:09:31,360

station

120

00:10:41,110 --> 00:09:33,839

they're in the

121

00:10:45,829 --> 00:10:43,030

this is mission control houston again we

122

00:10:47,190 --> 00:10:45,839

are getting a replay of a video that was

123

00:10:49,990 --> 00:10:47,200

uh downlinked

124

00:10:51,430 --> 00:10:50,000

yesterday this is follow this is

125

00:10:53,110 --> 00:10:51,440

sonny williams who is now the commander

126

00:10:55,509 --> 00:10:53,120

of the space station

127

00:11:04,230 --> 00:10:55,519

participating in the malibu triathlon on

128

00:11:07,829 --> 00:11:06,230

in houston on space to ground two i just

129

00:11:09,670 --> 00:11:07,839

wanted to let you know we've finished

130

00:11:11,590 --> 00:11:09,680

with this activity this athletic

131

00:11:14,949 --> 00:11:11,600

activity of the day it's probably just

132

00:11:17,430 --> 00:11:14,959

about nine o'clock in malibu um my watch

133

00:11:19,670 --> 00:11:17,440

says 148.43

134

00:11:21,190 --> 00:11:19,680

for the three events and the transitions

135

00:11:22,470 --> 00:11:21,200

and the space transitions are a little

136

00:11:24,230 --> 00:11:22,480

bit different than the earth transitions

137

00:11:26,870 --> 00:11:24,240

but they have their their troubles as

138

00:11:28,790 --> 00:11:26,880

well hey uh and also a big shout out to

139

00:11:30,949 --> 00:11:28,800

uh our astronaut strength and

140

00:11:33,750 --> 00:11:30,959

conditioning folks

141

00:11:35,110 --> 00:11:33,760

mark david bruce and jamie who were

142

00:11:36,310 --> 00:11:35,120

really interested in this particularly

143

00:11:38,310 --> 00:11:36,320

bruce who

144

00:11:41,350 --> 00:11:38,320

got this whole workout put together and

145

00:11:43,110 --> 00:11:41,360

the guys in the exercise lab alan moore

146

00:11:46,470 --> 00:11:43,120

was able to

147

00:11:49,110 --> 00:11:46,480

translate the malibu biking into a sevis

148

00:11:50,470 --> 00:11:49,120

protocol here so a big thanks to all

149

00:11:53,110 --> 00:11:50,480

those guys

150

00:11:55,110 --> 00:11:53,120

another shout out dr sanjay gupta who is

151

00:11:56,949 --> 00:11:55,120

really interested in health and fitness

152

00:11:58,949 --> 00:11:56,959

and i came to johnson space center to

153

00:12:00,470 --> 00:11:58,959

talk about astronaut health and fitness

154

00:12:03,509 --> 00:12:00,480

and what it's going to take to get

155

00:12:06,069 --> 00:12:03,519

humans back on and on to mars so thanks

156

00:12:06,790 --> 00:12:06,079

for everybody for your support

157

00:12:11,110 --> 00:12:06,800

and

158

00:12:13,350 --> 00:12:11,120

how important it is for humans

159

00:12:16,230 --> 00:12:13,360

and uh and getting us back into long

160

00:12:18,230 --> 00:12:16,240

duration space flight so big thanks i'm

161

00:12:19,750 --> 00:12:18,240

happy to be done it wasn't easy and i'm

162

00:12:21,750 --> 00:12:19,760

sure everybody on california is really

163

00:12:22,829 --> 00:12:21,760

excited to be done too take care and

164

00:12:27,190 --> 00:12:22,839

thank

165

00:12:29,910 --> 00:12:27,200

congratulations on completion of the

166

00:12:31,910 --> 00:12:29,920

first triathlon in space

167

00:12:33,590 --> 00:12:31,920

and absolutely

168

00:12:35,509 --> 00:12:33,600

it's uh critically important to

169

00:12:37,590 --> 00:12:35,519

understand the human

170

00:12:39,430 --> 00:12:37,600

physiology and how to keep you all

171

00:12:40,870 --> 00:12:39,440

strong on orbit so that when you come

172

00:12:42,310 --> 00:12:40,880

home you're strong when you get back and

173

00:12:43,829 --> 00:12:42,320

we'll see proof of that later tonight

174

00:12:46,230 --> 00:12:43,839

when joe

175

00:12:47,910 --> 00:12:46,240

and his crew mates their return in the

176

00:12:49,590 --> 00:12:47,920

soyuz so looking forward to that and

177

00:12:51,509 --> 00:12:49,600

thanks again we'll pass on your your