



#trainlikemike

1  
00:00:18,790 --> 00:00:16,470

[Music]

2  
00:00:20,630 --> 00:00:18,800

hi everyone this is uh mike hopkins

3  
00:00:22,470 --> 00:00:20,640

astronaut with nasa coming to you from

4  
00:00:24,550 --> 00:00:22,480

the countermeasures training room here

5  
00:00:26,230 --> 00:00:24,560

at nasa jsc

6  
00:00:27,990 --> 00:00:26,240

and today or this morning i want to talk

7  
00:00:30,710 --> 00:00:28,000

to you a little bit about the treadmill

8  
00:00:32,790 --> 00:00:30,720

that we use when we're up on orbit now

9  
00:00:34,709 --> 00:00:32,800

you may look at it it seems very similar

10  
00:00:36,790 --> 00:00:34,719

to the treadmills you use at home but

11  
00:00:38,389 --> 00:00:36,800

there are a lot of differences with this

12  
00:00:40,950 --> 00:00:38,399

treadmill particularly in how we're able

13  
00:00:43,110 --> 00:00:40,960

to use it but we also have an isolation

14

00:00:45,030 --> 00:00:43,120

vibration isolation system with this

15

00:00:47,670 --> 00:00:45,040

treadmill and what that does is as we're

16

00:00:49,750 --> 00:00:47,680

running it keeps those vibrations uh as

17

00:00:51,510 --> 00:00:49,760

we pound on the treadmill from being

18

00:00:52,709 --> 00:00:51,520

transferred to the space station itself

19

00:00:53,990 --> 00:00:52,719

and that's actually pretty important

20

00:00:55,750 --> 00:00:54,000

because here on earth when you run

21

00:00:56,549 --> 00:00:55,760

you've got a great damping system called

22

00:00:58,150 --> 00:00:56,559

earth

23

00:01:00,709 --> 00:00:58,160

but we don't have that up in space and

24

00:01:02,150 --> 00:01:00,719

so we need to make sure that we're not

25

00:01:03,349 --> 00:01:02,160

impacting the station while we're

26

00:01:05,030 --> 00:01:03,359

working out

27

00:01:07,590 --> 00:01:05,040

now one of the other major differences

28

00:01:08,630 --> 00:01:07,600

with with the treadmill is that we have

29

00:01:10,550 --> 00:01:08,640

to

30

00:01:12,390 --> 00:01:10,560

use a harness much like a backpacking

31

00:01:14,789 --> 00:01:12,400

harness that you have

32

00:01:17,429 --> 00:01:14,799

when you when you go hiking and so what

33

00:01:18,950 --> 00:01:17,439

we use this for is to help hold us down

34

00:01:21,109 --> 00:01:18,960

on the treadmill because remember when

35

00:01:23,190 --> 00:01:21,119

we're in space we're floating around and

36

00:01:25,350 --> 00:01:23,200

so it's hard to stay down on the track

37

00:01:27,510 --> 00:01:25,360

so we put this

38

00:01:29,670 --> 00:01:27,520

little harness on

39

00:01:31,030 --> 00:01:29,680

and then we have to strap ourselves

40

00:01:33,030 --> 00:01:31,040

to the treadmill

41

00:01:35,190 --> 00:01:33,040

so once we get strapped in with the

42

00:01:37,510 --> 00:01:35,200

harness and the bungees we have a

43

00:01:39,270 --> 00:01:37,520

computer that we actually use that has

44

00:01:40,950 --> 00:01:39,280

different workouts on it and the neat

45

00:01:42,550 --> 00:01:40,960

thing about this as well is

46

00:01:43,990 --> 00:01:42,560

not only does it have a workout on it so

47

00:01:45,990 --> 00:01:44,000

we can change the speed and whether

48

00:01:48,149 --> 00:01:46,000

we're doing interval workouts or longer

49

00:01:49,749 --> 00:01:48,159

distance but while we're working out

50

00:01:51,429 --> 00:01:49,759

it'll actually record our heart rate

51  
00:01:53,109 --> 00:01:51,439  
it'll record the force

52  
00:01:55,830 --> 00:01:53,119  
that the bungees are pulling down it'll

53  
00:01:57,590 --> 00:01:55,840  
record our footfalls and so then on the

54  
00:01:59,510 --> 00:01:57,600  
ground we can actually use that analyze

55  
00:02:01,510 --> 00:01:59,520  
it and see how i'm doing in my workouts

56  
00:02:03,990 --> 00:02:01,520  
and so when we're ready to go

57  
00:02:07,429 --> 00:02:04,000  
all we have to do is uh hit the start

58  
00:02:26,949 --> 00:02:08,550  
and

59  
00:02:31,350 --> 00:02:28,949  
so that gives you a little sense of how

60  
00:02:32,790 --> 00:02:31,360  
we get to use the treadmill up on orbit

61  
00:02:34,070 --> 00:02:32,800  
i've done a lot of training with it down