



TRAIN LIKE AN ASTRONAUT
MISSION
TRAIN LIKE AN ASTRONAUT

#trainlikemike

1
00:00:19,189 --> 00:00:18,070
before we start our first workout one of

2
00:00:21,109 --> 00:00:19,199
the most important things we need to

3
00:00:22,790 --> 00:00:21,119
talk about is warming up

4
00:00:24,310 --> 00:00:22,800
and that's something that everybody

5
00:00:26,070 --> 00:00:24,320
needs to do because if you don't warm up

6
00:00:28,230 --> 00:00:26,080
your body properly if you don't get

7
00:00:29,509 --> 00:00:28,240
those muscles going that blood flowing

8
00:00:30,710 --> 00:00:29,519
then you could potentially get injured

9
00:00:32,069 --> 00:00:30,720
during your workouts and if you're

10
00:00:33,990 --> 00:00:32,079
injured you're going to have a hard time

11
00:00:35,590 --> 00:00:34,000
completing those those workouts and

12
00:00:38,069 --> 00:00:35,600
you're going to have a hard time getting

13
00:00:40,229 --> 00:00:38,079

more and more physically fit so again

14

00:00:41,830 --> 00:00:40,239

warming up is is very important one of

15

00:00:43,670 --> 00:00:41,840

the ways or one of the things that i've

16

00:00:44,630 --> 00:00:43,680

found over the years is my warm-ups have

17

00:00:46,790 --> 00:00:44,640

changed

18

00:00:48,389 --> 00:00:46,800

when i was younger i didn't have to warm

19

00:00:50,790 --> 00:00:48,399

up quite as much and i was able just to

20

00:00:52,470 --> 00:00:50,800

do some static type stretching and then

21

00:00:54,310 --> 00:00:52,480

i was pretty much good to go as i've

22

00:00:57,270 --> 00:00:54,320

gotten older i found that i needed more

23

00:00:58,950 --> 00:00:57,280

dynamic warm-ups and so i've had to do

24

00:01:00,389 --> 00:00:58,960

that a little bit more followed by

25

00:01:02,470 --> 00:01:00,399

stretching as well

26
00:01:04,469 --> 00:01:02,480
and so once i do that sometimes it takes

27
00:01:06,630 --> 00:01:04,479
me as much as 15 minutes to to get

28
00:01:08,230 --> 00:01:06,640
warmed up before i have uh have my

29
00:01:09,910 --> 00:01:08,240
workouts and sometimes that depends on

30
00:01:12,149 --> 00:01:09,920
the style of workout that i'm doing so

31
00:01:13,830 --> 00:01:12,159
if i'm just going out for a run i may

32
00:01:15,510 --> 00:01:13,840
not do as much static stretching if i'm

33
00:01:16,630 --> 00:01:15,520
going to be doing some heavy lifting

34
00:01:18,550 --> 00:01:16,640
then i'm probably going to do a little

35
00:01:20,550 --> 00:01:18,560
bit static stretching to get

36
00:01:22,630 --> 00:01:20,560
my hamstrings loose to get my back loose

37
00:01:23,429 --> 00:01:22,640
before i start putting any weight on my

38
00:01:25,270 --> 00:01:23,439

back

39

00:01:26,870 --> 00:01:25,280

and so those are some of the activities

40

00:01:29,190 --> 00:01:26,880

i do here on the ground what am i going

41

00:01:31,429 --> 00:01:29,200

to do on space i'm not quite sure yet

42

00:01:33,510 --> 00:01:31,439

it's a little harder for the warm-ups up

43

00:01:35,190 --> 00:01:33,520

there so that one i'm just going to have

44

00:01:37,190 --> 00:01:35,200

to see how it works out and i'll share

45

00:01:39,030 --> 00:01:37,200

that with you once i figure out the the

46

00:01:40,149 --> 00:01:39,040

best way to stretch on orbit

47

00:01:41,910 --> 00:01:40,159

finally i want to talk a little bit

48

00:01:43,510 --> 00:01:41,920

about cooling down and it's probably one

49

00:01:46,550 --> 00:01:43,520

of the most overlooked

50

00:01:48,389 --> 00:01:46,560

parts of a workout most of us do a good

51
00:01:49,749 --> 00:01:48,399
warm-up we get our workout in and then

52
00:01:51,270 --> 00:01:49,759
we're ready to go on to the next

53
00:01:52,950 --> 00:01:51,280
activity we've got to get back to the

54
00:01:55,350 --> 00:01:52,960
office or we've got to get to that first

55
00:01:58,069 --> 00:01:55,360
meeting and but a cool down is very

56
00:01:59,510 --> 00:01:58,079
important and it'll help you recover and

57
00:02:01,749 --> 00:01:59,520
it'll help you get ready for the next

58
00:02:03,990 --> 00:02:01,759
workout and so i encourage you to try