



#trainlikemike

1
00:00:18,790 --> 00:00:17,189
so another thing i'd like to talk about

2
00:00:20,230 --> 00:00:18,800
is strength activities

3
00:00:22,870 --> 00:00:20,240
one thing we have to worry about during

4
00:00:25,109 --> 00:00:22,880
long duration space flight is much lat

5
00:00:26,070 --> 00:00:25,119
muscle atrophy and our bones getting

6
00:00:28,070 --> 00:00:26,080
weaker

7
00:00:29,750 --> 00:00:28,080
and so one of the things we focus on

8
00:00:31,669 --> 00:00:29,760
during space flight is strength

9
00:00:34,229 --> 00:00:31,679
conditioning and we use that advanced

10
00:00:36,150 --> 00:00:34,239
resistive exercise device in order to do

11
00:00:38,470 --> 00:00:36,160
that and what that does is help

12
00:00:39,990 --> 00:00:38,480
counteract uh those

13
00:00:41,590 --> 00:00:40,000

uh those negative impacts of long

14

00:00:45,270 --> 00:00:41,600

duration space flight and so we'll focus

15

00:00:48,869 --> 00:00:45,280

on activities like squats deadlifts uh

16

00:00:52,470 --> 00:00:48,879

bench things that focus engage the core

17

00:00:53,990 --> 00:00:52,480

and really help counteract that that

18

00:00:57,029 --> 00:00:54,000

muscle loss and bone weakening

19

00:00:59,270 --> 00:00:57,039

activities and so again on on station

20

00:01:01,349 --> 00:00:59,280

you won't see the weights like what we

21

00:01:02,630 --> 00:01:01,359

have down here the advanced resistive

22

00:01:03,830 --> 00:01:02,640

exercise device is a little bit

23

00:01:06,149 --> 00:01:03,840

different than that but what you will

24

00:01:08,550 --> 00:01:06,159

see is a bar very similar to this

25

00:01:11,350 --> 00:01:08,560

and we're able to to get heavy loads

26

00:01:13,030 --> 00:01:11,360

just like we are here uh down on on

27

00:01:14,789 --> 00:01:13,040

earth and

28

00:01:16,630 --> 00:01:14,799

we focus we'll probably do those kind of

29

00:01:18,390 --> 00:01:16,640

activities two three four times a week

30

00:01:20,469 --> 00:01:18,400

you'll see that if you're checking out

31

00:01:22,630 --> 00:01:20,479

our website and following my exercise

32

00:01:25,830 --> 00:01:22,640

programs you're going to see a lot of