



SPACE
TO
GROUND

[#spacetoground](#)

1
00:00:04,550 --> 00:00:03,030
houston station on space to ground

2
00:00:05,749 --> 00:00:04,560
welcome to space to ground your weekly

3
00:00:07,510 --> 00:00:05,759
look at what's happening onboard the

4
00:00:09,910 --> 00:00:07,520
international space station i'm nicole

5
00:00:11,589 --> 00:00:09,920
claudia masters the station crew wrapped

6
00:00:13,430 --> 00:00:11,599
up a series of spacewalks this week to

7
00:00:14,950 --> 00:00:13,440
replace an ammonia pump that is part of

8
00:00:17,349 --> 00:00:14,960
a loop that helps cool down the

9
00:00:19,189 --> 00:00:17,359
station's electronics rick mastracchio

10
00:00:21,029 --> 00:00:19,199
and mike hopkins went outside to swap

11
00:00:23,349 --> 00:00:21,039
the pump with a spare that was located

12
00:00:25,429 --> 00:00:23,359
on a cargo pallet also this week two

13
00:00:27,670 --> 00:00:25,439

russian cosmonauts will go spacewalking

14

00:00:29,269 --> 00:00:27,680

oleg kotov and sergey ryazanskiy will

15

00:00:30,550 --> 00:00:29,279

install two cameras outside the russian

16

00:00:32,549 --> 00:00:30,560

segment that will provide earth

17

00:00:33,830 --> 00:00:32,559

observation views they'll also refresh

18

00:00:35,030 --> 00:00:33,840

some experiments on the hull of the

19

00:00:36,389 --> 00:00:35,040

space station

20

00:00:38,069 --> 00:00:36,399

did you know that some of the science

21

00:00:40,150 --> 00:00:38,079

and technology on board the station is

22

00:00:41,510 --> 00:00:40,160

leading to better farming and did you

23

00:00:43,030 --> 00:00:41,520

know it's also being used to provide

24

00:00:44,709 --> 00:00:43,040

clean drinking water to some of the most

25

00:00:46,389 --> 00:00:44,719

remote parts of the world

26

00:00:48,229 --> 00:00:46,399

to learn more about station technology

27

00:00:49,830 --> 00:00:48,239

being put to good use here on the ground

28

00:00:51,670 --> 00:00:49,840

check out the benefits for humanity

29

00:00:54,790 --> 00:00:51,680

video series celebrating the station's

30

00:00:56,310 --> 00:00:54,800

15th anniversary at nasa.gov station

31

00:00:57,590 --> 00:00:56,320

benefits

32

00:00:59,349 --> 00:00:57,600

keep your eye out for the station flying

33

00:01:00,950 --> 00:00:59,359

overhead this weekend it'll be passing

34

00:01:02,790 --> 00:01:00,960

over several cities and you can find out

35

00:01:03,950 --> 00:01:02,800

if you can see it above your hometown

36

00:01:06,070 --> 00:01:03,960

visit

37

00:01:07,429 --> 00:01:06,080

spottystation.nasa.gov it's usually the

38

00:01:08,870 --> 00:01:07,439

brightest object in the night sky

39

00:01:10,630 --> 00:01:08,880

besides the moon so you should be able

40

00:01:12,310 --> 00:01:10,640

to spot it easily

41

00:01:14,550 --> 00:01:12,320

have you ever wondered how astronauts

42

00:01:16,789 --> 00:01:14,560

exercise well they have to work out two

43

00:01:18,950 --> 00:01:16,799

hours each day to do that they use a

44

00:01:20,230 --> 00:01:18,960

treadmill a stationary bicycle and a

45

00:01:21,350 --> 00:01:20,240

weightlifting machine that uses

46

00:01:22,710 --> 00:01:21,360

resistance

47

00:01:24,230 --> 00:01:22,720

the trick is they have to strap

48

00:01:26,469 --> 00:01:24,240

themselves to each of these because

49

00:01:28,390 --> 00:01:26,479

there's no gravity to hold them down to

50

00:01:30,469 --> 00:01:28,400

see real astronaut workouts visit our

51
00:01:31,910 --> 00:01:30,479
train like and astronaut facebook page

52
00:01:33,590 --> 00:01:31,920
if you have a question or a comment you

53
00:01:35,749 --> 00:01:33,600
want to send to us use the hashtag

54
00:01:37,429 --> 00:01:35,759
spacetoground we'll be off next week but

55
00:01:39,670 --> 00:01:37,439
we'll see you again on friday january

56
00:01:41,109 --> 00:01:39,680
10th from all of us at nasa we hope you