

# **SPEEDY TIME**

**EPISODE-2**

**A.R.E.D.-**

**ADVANCED RESISTIVE  
EXERCISE DEVICE**



1  
00:00:00,326 --> 00:00:03,236  
>> Today, we're going to  
talk about exercise in space.

2  
00:00:03,356 --> 00:00:05,876  
We have three different exercise  
devices here, and I'm going

3  
00:00:05,876 --> 00:00:06,846  
to talk about one of them.

4  
00:00:06,946 --> 00:00:08,446  
Of course, in zero gravity,  
we can't lift weights,

5  
00:00:08,446 --> 00:00:10,456  
so we have what's called a  
resistive exercise device,

6  
00:00:10,616 --> 00:00:11,856  
but it's got a really  
important feature.

7  
00:00:11,856 --> 00:00:13,436  
In order to protect  
the experiments

8  
00:00:13,436 --> 00:00:15,496  
that are going onboard that  
might be sensitive to vibrations

9  
00:00:15,496 --> 00:00:16,866  
from us lifting this resistance,

10  
00:00:16,916 --> 00:00:19,506  
it's got a vibration isolation  
system that's actually

11  
00:00:19,506 --> 00:00:20,066

very cool.

12

00:00:20,066 --> 00:00:22,846

As you move on that machine,  
it isolates any vibrations

13

00:00:22,846 --> 00:00:24,126

that we would have  
away from the stretcher

14

00:00:24,356 --> 00:00:26,046

and protects the  
sciences going on.

15

00:00:26,046 --> 00:00:28,286

And so we had to work out about  
two hours every day in order

16

00:00:28,286 --> 00:00:29,546

to maintain our bone  
and muscle mass.

17

00:00:29,956 --> 00:00:31,316

And this is my favorite,  
the ARED,

18

00:00:31,440 --> 00:00:33,340

the resistive exercise device.

19

00:00:33,800 --> 00:00:35,060

Squat.

20

00:00:37,800 --> 00:00:39,800

Sumo squat.

21

00:00:40,520 --> 00:00:45,040

[ Machine Sounds ]

22

00:00:45,526 --> 00:00:47,816

Heel raises.

23

00:00:48,516 --> 00:00:53,316

[ Machine Sounds ]

24

00:00:53,816 --> 00:00:55,336

Dead lift.

25

00:00:56,161 --> 00:00:58,161

[ Machine Sounds ]

26

00:00:58,300 --> 00:00:58,800

RDL.

27

00:00:59,460 --> 00:01:08,700

[ Machine Sounds ]

28

00:01:09,340 --> 00:01:09,840

Bench.

29

00:01:11,516 --> 00:01:16,866

[ Machine Sounds ]

30

00:01:17,366 --> 00:01:18,316

Military press.

31

00:01:19,516 --> 00:01:33,056

[ Machine Sounds ]

32

00:01:33,556 --> 00:01:34,896

Tricep extensions.

33

00:01:36,516 --> 00:01:38,986

[ Machine Sounds ]

34

00:01:39,486 --> 00:01:40,296

Sit ups.

35

00:01:41,516 --> 00:01:48,916

[ Machine Sounds ]

36

00:01:49,416 --> 00:01:49,926

Curls.

37

00:01:51,516 --> 00:01:54,446

[ Machine Sounds ]

38

00:01:54,946 --> 00:01:55,986

Forearm extensions.

39

00:01:57,516 --> 00:01:59,546

[ Machine Sounds ]

40

00:02:00,046 --> 00:02:01,226

But you know what the best part

41

00:02:01,226 --> 00:02:03,136

about doing exercise

in space is?