

SPEEDY TIME

EPISODE-3

TREADMILL



1
00:00:00,467 --> 00:00:01,568
>> HELLO, AND WELCOME BACK

2
00:00:01,568 --> 00:00:02,769
TO SPEEDY TIME.

3
00:00:02,769 --> 00:00:03,436
TODAY WE'RE GOING TO

4
00:00:03,436 --> 00:00:04,170
FIGURE OUT HOW YOU GET

5
00:00:04,170 --> 00:00:05,338
SOME AEROBIC EXERCISE

6
00:00:05,338 --> 00:00:07,040
ON THE SPACE STATION.

7
00:00:07,040 --> 00:00:09,142
ONE WAY IS BY RUNNING.

8
00:00:09,142 --> 00:00:10,577
WE HAVE A SPECIAL TREADMILL.

9
00:00:10,577 --> 00:00:11,311
FIRST OFF, WE'VE GOT TO

10
00:00:11,311 --> 00:00:12,379
FIND IT-- WHERE IS IT?

11
00:00:12,379 --> 00:00:13,713
IT'S ON THE WALL-- HOW COOL!

12
00:00:13,713 --> 00:00:15,281
WE FIRST GET

13
00:00:15,281 --> 00:00:16,883

A HEART RATE MONITOR.

14

00:00:16,883 --> 00:00:17,584

NEXT, WE GET

15

00:00:17,584 --> 00:00:18,985

OUR SUPER DUPER HARNESS.

16

00:00:18,985 --> 00:00:20,854

NEXT OFF, WE CONNECT IN

17

00:00:20,854 --> 00:00:23,123

TO THE T2 ITSELF.

18

00:00:23,123 --> 00:00:23,923

THESE ARE VERY IMPORTANT

19

00:00:23,923 --> 00:00:25,258

BECAUSE THEY SIMULATE LOAD

20

00:00:25,258 --> 00:00:26,860

THAT WE WOULD HAVE ON EARTH,

21

00:00:26,860 --> 00:00:27,494

AND THEY PULL US TO

22

00:00:27,494 --> 00:00:28,027

THE TREADMILL.

23

00:00:28,027 --> 00:00:28,561

OTHERWISE, WE'D JUST

24

00:00:28,561 --> 00:00:29,129

FLOAT OFF.

25

00:00:29,129 --> 00:00:29,629

WE MAKE SURE THAT

26
00:00:29,629 --> 00:00:31,998
IT'S CALIBRATED, AND WE START.

27
00:00:31,998 --> 00:00:34,834
A LIGHT JOG.

28
00:00:34,834 --> 00:00:37,637
A LITTLE HIGHER PACE.

29
00:00:37,637 --> 00:00:39,005
WE EVEN HAVE A MODE

30
00:00:39,005 --> 00:00:40,039
CALLED PASSIVE--

31
00:00:40,039 --> 00:00:42,709
YOU PUSH IT YOURSELF.

32
00:00:42,709 --> 00:00:43,510
AND THEN THE COOLEST PART

33
00:00:43,510 --> 00:00:44,444
OF THE WHOLE THING IS

34
00:00:44,444 --> 00:00:45,445
AT THE END OF YOUR WORKOUT,

35
00:00:45,445 --> 00:00:46,146
IT GIVES YOU THE MILES

36
00:00:46,146 --> 00:00:47,013
TRAVELED-- NOT JUST

37
00:00:47,013 --> 00:00:47,981
THE MILES RAN.

38
00:00:47,981 --> 00:00:49,349

SO, USING THE SPEED OF

39

00:00:49,349 --> 00:00:50,016

THE SPACE STATION--

40

00:00:50,016 --> 00:00:51,451

17,500 MILES AN HOUR--

41

00:00:51,451 --> 00:00:52,185

YOU CAN GO, LIKE,