



Space**to**Ground

1
00:00:02,706 --> 00:00:04,656
"HOUSTON, STATION
ON SPACE TO GROUND."

2
00:00:05,336 --> 00:00:07,576
WELCOME TO SPACE TO
GROUND, I'M LEAH CHESHER.

3
00:00:07,866 --> 00:00:08,856
ASTRONAUT NICK HAGUE

4
00:00:08,856 --> 00:00:11,286
AND COSMONAUT ALEXEY
OVCHININ ARE RESTING AT HOME

5
00:00:11,286 --> 00:00:13,866
WITH THEIR FAMILIES FOLLOWING
AN ABORT DURING THE ASCENT

6
00:00:13,866 --> 00:00:15,026
OF THEIR SOYUZ SPACECRAFT.

7
00:00:16,436 --> 00:00:19,006
FOLLOWING AN ANOMALY WITH
THE SOYUZ SPACECRAFT SHORTLY

8
00:00:19,096 --> 00:00:21,696
AFTER LIFTOFF, HAGUE AND
OVCHININ RETURNED TO EARTH

9
00:00:21,696 --> 00:00:23,606
IN A BALLISTIC DESCENT
AND LANDED SOUTH

10
00:00:23,606 --> 00:00:25,246
OF ZHEZKAZGAN, KAZAKHSTAN.

11
00:00:25,906 --> 00:00:27,776
SEARCH AND RESCUE TEAMS

RECOVERED THE CREW,

12
00:00:27,776 --> 00:00:30,436
WHO WERE THEN FLOWN TO BAIKONUR
AND GREETED BY THEIR FAMILIES.

13
00:00:31,096 --> 00:00:33,356
BOTH HAGUE AND OVCHININ ARE
IN GOOD CONDITION AND HAVE

14
00:00:33,486 --> 00:00:34,586
SINCE RETURNED TO THEIR HOMES.

15
00:00:35,076 --> 00:00:38,016
MEANWHILE, SCIENTIFIC RESEARCH
CONTINUES ON BOARD THE STATION

16
00:00:38,016 --> 00:00:40,896
WITH EXPEDITION 57 CREW
MEMBERS ALEXANDER GERST,

17
00:00:41,336 --> 00:00:43,986
SERGEY PROKOPYEV, AND
SERENA AUÑÓN-CHANCELLOR.

18
00:00:45,136 --> 00:00:47,496
WE'RE GETTING CLOSER TO THE
FIRST LAUNCHES OF ASTRONAUTS

19
00:00:47,496 --> 00:00:49,306
ON SPACECRAFT FROM
BOEING AND SPACEX,

20
00:00:49,436 --> 00:00:51,386
WHICH MEANS ASTRONAUTS
ARE GETTING HANDS

21
00:00:51,386 --> 00:00:52,326
ON WITH THE HARDWARE!

22
00:00:53,276 --> 00:00:56,276
NASA'S BOB BEHNKEN AND DOUG
HURLEY WILL FLY THE FIRST CREWED

23
00:00:56,276 --> 00:00:59,186
MISSION ON SPACEX'S CREW
DRAGON AND WERE RECENTLY

24
00:00:59,256 --> 00:01:01,896
AT THEIR FACILITIES IN HAWHTORNE
CALIFORNIA GETTING SUITED

25
00:01:01,896 --> 00:01:04,896
UP TO SIMULATE PRE-LAUNCH
AND LAUNCH ACTIVITIES.

26
00:01:05,116 --> 00:01:07,776
BE SURE TO FOLLOW BOTH BOB
AND DOUG ON SOCIAL MEDIA

27
00:01:07,776 --> 00:01:11,346
AND AS ALWAYS, HEAD OVER
TO [NASA.GOV/COMMERCIALCREW](https://www.nasa.gov/commercialcrew)

28
00:01:11,466 --> 00:01:12,596
FOR ALL THE LATEST UPDATES.

29
00:01:13,456 --> 00:01:15,336
THIS WEEK'S QUESTION
COMES FROM ZACHARY,

30
00:01:15,606 --> 00:01:17,696
WHO WANTS TO KNOW HOW
ASTRONAUTS ADJUST TO EARTH

31
00:01:17,746 --> 00:01:19,546
AFTER SIX MONTHS
IN MICROGRAVITY.

32

00:01:20,426 --> 00:01:23,366
ONCE BACK ON EARTH, ASTRONAUTS
DO TAKE PART IN RECONDITIONING,

33
00:01:23,446 --> 00:01:25,436
INCLUDING DAILY WORKOUTS
AND EXERCISES,

34
00:01:25,586 --> 00:01:26,656
TO READJUST TO GRAVITY.

35
00:01:27,106 --> 00:01:29,686
HOWEVER, THANKS TO DAILY
EXERCISE WHILE IN SPACE,

36
00:01:30,046 --> 00:01:32,216
ASTRONAUTS RETURN TO EARTH
AS STRONG AS WHEN THEY LEFT -

37
00:01:32,496 --> 00:01:33,666
AND SOMETIMES EVEN STRONGER.

38
00:01:34,236 --> 00:01:36,186
THIS STRICT WORKOUT
SCHEDULE KEEPS THEIR BONES

39
00:01:36,186 --> 00:01:37,386
AND MUSCLES ACTIVE AND READY

40
00:01:37,456 --> 00:01:39,826
FOR REGULAR USE UPON
RETURN TO EARTH'S GRAVITY.