



1
00:00:05,749 --> 00:00:03,669
what is this sergei what are you sitting

2
00:00:07,030 --> 00:00:05,759
on let's spin and share some of my

3
00:00:09,110 --> 00:00:07,040
favorite

4
00:00:10,629 --> 00:00:09,120
uh executive

5
00:00:13,749 --> 00:00:10,639
exercise here

6
00:00:16,470 --> 00:00:13,759
and uh i've been

7
00:00:17,269 --> 00:00:16,480
told that this should help me

8
00:00:21,189 --> 00:00:17,279
to

9
00:00:26,390 --> 00:00:24,470
bad stuff during the wetlands because uh

10
00:00:28,870 --> 00:00:26,400
when we live here on the ground we have

11
00:00:30,390 --> 00:00:28,880
one g and the

12
00:00:32,229 --> 00:00:30,400
our

13
00:00:34,310 --> 00:00:32,239

so this is going to help prepare you for

14

00:00:36,150 --> 00:00:34,320

space flight absolutely

15

00:00:38,150 --> 00:00:36,160

i believe in this and i've done it

16

00:00:40,150 --> 00:00:38,160

before my first flight that's why and i

17

00:00:41,830 --> 00:00:40,160

think it helped me that's why i'm doing

18

00:00:44,389 --> 00:00:41,840

this second time okay are you ready to

19

00:01:20,070 --> 00:00:44,399

do it yes i am okay let's see how this

20

00:01:26,469 --> 00:01:22,630

no not the whole time

21

00:01:28,630 --> 00:01:26,479

what do you think oh it was cool right