



Teague



1
00:00:17,439 --> 00:00:05,150
come as a gram over here be back it's

2
00:00:23,300 --> 00:00:21,010
Nicole were lying yeah okay hi this is a

3
00:00:24,890 --> 00:00:23,310
Salt Lick masters I'm here at the

4
00:00:27,349 --> 00:00:24,900
Johnson Space Center with astronaut

5
00:00:30,380 --> 00:00:27,359
genetics and welcome to everybody to

6
00:00:32,889 --> 00:00:30,390
this Fitness hang out part 2 i'm joining

7
00:00:35,180 --> 00:00:32,899
us from sochi i'm so excited we've got

8
00:00:37,280 --> 00:00:35,190
Curtis to moscovitch and I'm assuming

9
00:00:38,780 --> 00:00:37,290
some of your fellow bobsled team members

10
00:00:44,869 --> 00:00:38,790
can you tell us who's with you there in

11
00:00:47,779 --> 00:00:44,879
Sochi yeah I'm with steve holcomb steve

12
00:00:49,520 --> 00:00:47,789
langton and chris fogt and we are the

13
00:00:51,490 --> 00:00:49,530

USA won four man team getting ready to

14

00:00:53,389 --> 00:00:51,500

compete here in a couple weeks in Sochi

15

00:00:54,500 --> 00:00:53,399

awesome I can't tell you what a

16

00:00:56,510 --> 00:00:54,510

privilege it is to have you guys

17

00:00:58,939 --> 00:00:56,520

connecting with us right on the cusp of

18

00:01:00,080 --> 00:00:58,949

the opening ceremony so thank you so

19

00:01:02,479 --> 00:01:00,090

much for taking the time this is a

20

00:01:05,030 --> 00:01:02,489

special opportunity and we also have

21

00:01:07,190 --> 00:01:05,040

rich Froning joining us CrossFit

22

00:01:14,690 --> 00:01:07,200

champion thanks so much rich and maybe

23

00:01:17,480 --> 00:01:14,700

where you're at I'm here my garage in

24

00:01:20,960 --> 00:01:17,490

cookeville tennessee my uh my little gym

25

00:01:22,609 --> 00:01:20,970

at the house so little chilly well it's

26

00:01:25,249 --> 00:01:22,619

impressive it looks really elaborate

27

00:01:26,929 --> 00:01:25,259

okay and we also have jared crick with

28

00:01:37,030 --> 00:01:26,939

the Houston Texans joining us from

29

00:01:39,530 --> 00:01:37,040

Houston Jared thanks so much okay so

30

00:01:41,510 --> 00:01:39,540

we've got a few minutes ultimately we're

31

00:01:42,889 --> 00:01:41,520

going to be connecting with Mike Hopkins

32

00:01:44,690 --> 00:01:42,899

and Rick Mastracchio on the

33

00:01:46,580 --> 00:01:44,700

International Space Station probably

34

00:01:48,020 --> 00:01:46,590

have a few minutes for that so we've got

35

00:01:51,380 --> 00:01:48,030

a few minutes just to talk amongst

36

00:01:53,179 --> 00:01:51,390

ourselves about workouts on earth and so

37

00:01:55,850 --> 00:01:53,189

I don't know we'll start with you Jared

38

00:01:57,889 --> 00:01:55,860

tell us what you're up to these days all

39

00:02:01,219 --> 00:01:57,899

right now it's just a lot of playing

40

00:02:03,289 --> 00:02:01,229

tennis bike riding going on runs that

41

00:02:05,350 --> 00:02:03,299

kind of thing I don't have to really

42

00:02:08,440 --> 00:02:05,360

train as hard at this time of year

43

00:02:10,389 --> 00:02:08,450

we had the NFL season just concluded so

44

00:02:13,300 --> 00:02:10,399

right now it's really you know our

45

00:02:15,430 --> 00:02:13,310

bodies back in back healthy and

46

00:02:17,770 --> 00:02:15,440

rejuvenated begins right now I'm not

47

00:02:19,510 --> 00:02:17,780

being completely lazy but I'm also not

48

00:02:22,210 --> 00:02:19,520

you know hidden talking music you good

49

00:02:24,340 --> 00:02:22,220

on time summer actually taking advantage

50

00:02:25,660 --> 00:02:24,350

of the offseason you understand and

51
00:02:27,640 --> 00:02:25,670
we've got good weather here in Houston

52
00:02:29,980 --> 00:02:27,650
for that a little bit less today but

53
00:02:31,840 --> 00:02:29,990
otherwise good it's a it's like in the

54
00:02:33,790 --> 00:02:31,850
30s but i bet that can't compare to what

55
00:02:35,800 --> 00:02:33,800
it's like in sochi Curtis buddy what do

56
00:02:38,170 --> 00:02:35,810
you guys the weather like there that's

57
00:02:39,420 --> 00:02:38,180
about it actually it's pretty warm here

58
00:02:41,680 --> 00:02:39,430
it's getting close to 50 degrees

59
00:02:45,040 --> 00:02:41,690
sometimes here in Sochi which is pretty

60
00:02:47,110 --> 00:02:45,050
rare for winter olympics our training as

61
00:02:49,740 --> 00:02:47,120
opposed to jared's is is pretty peak

62
00:02:53,050 --> 00:02:49,750
right now we're getting ready for

63
00:02:54,580 --> 00:02:53,060

obviously our big competition and so

64

00:02:56,920 --> 00:02:54,590

we're you know not doing any of our

65

00:02:59,229 --> 00:02:56,930

offseason training this is a kind of

66

00:03:01,630 --> 00:02:59,239

high time for a low volume and high

67

00:03:03,220 --> 00:03:01,640

weights very quick sprints so we get

68

00:03:07,479 --> 00:03:03,230

ready to push our slight as fast as we

69

00:03:08,650 --> 00:03:07,489

can so and tell us what time of day is

70

00:03:10,539 --> 00:03:08,660

it there and what's your what's your

71

00:03:12,789 --> 00:03:10,549

plan for the next 24 hours or so just

72

00:03:16,199 --> 00:03:12,799

out of curiosity gonna think right now

73

00:03:18,460 --> 00:03:16,209

it's fun it's about 9 30 p.m. and uh

74

00:03:19,780 --> 00:03:18,470

opening ceremonies are tomorrow night so

75

00:03:22,000 --> 00:03:19,790

that's kind of a the next big event

76

00:03:24,190 --> 00:03:22,010

we're looking forward to and from the

77

00:03:26,229 --> 00:03:24,200

next couple weeks then we get ready for

78

00:03:28,509 --> 00:03:26,239

the two main competition on february

79

00:03:31,890 --> 00:03:28,519

sixteenth and seventeenth and then the

80

00:03:34,060 --> 00:03:31,900

four main competition is the 22nd 23rd

81

00:03:39,729 --> 00:03:34,070

well we couldn't be more excited for you

82

00:03:41,530 --> 00:03:39,739

guys thanks very much right hey and we

83

00:03:42,789 --> 00:03:41,540

still I guess I take it back i think

84

00:03:44,050 --> 00:03:42,799

we've got about three or four more

85

00:03:46,750 --> 00:03:44,060

minutes before we're going to get that

86

00:03:48,910 --> 00:03:46,760

link up with the space station um rich

87

00:03:50,650 --> 00:03:48,920

we know you but you know managed to rack

88

00:03:52,990 --> 00:03:50,660

up another championship since we talked

89

00:03:56,800 --> 00:03:53,000

to you tell us what's going on and I've

90

00:03:57,910 --> 00:03:56,810

Oh Jim yeah the UH well our seasons

91

00:04:00,250 --> 00:03:57,920

about to start up so it's a little

92

00:04:03,370 --> 00:04:00,260

opposite of Jared it's you know it's

93

00:04:05,289 --> 00:04:03,380

time to get get serious with it and open

94

00:04:07,870 --> 00:04:05,299

I think starts in about three and a half

95

00:04:09,460 --> 00:04:07,880

weeks and then from there it's you know

96

00:04:11,770 --> 00:04:09,470

you got a five week period of one

97

00:04:13,630 --> 00:04:11,780

workout a week that you have to send in

98

00:04:15,820 --> 00:04:13,640

or submit and then after that regionals

99

00:04:17,409 --> 00:04:15,830

is May seventeenth through the 18th and

100

00:04:19,210 --> 00:04:17,419

then the games is last weekend in july

101
00:04:21,910 --> 00:04:19,220
so it's that time of year

102
00:04:23,800 --> 00:04:21,920
again yeah gosh it seems like it never

103
00:04:26,590 --> 00:04:23,810
stops with you guys I mean it really

104
00:04:28,480 --> 00:04:26,600
doesn't yeah you turn up turn around and

105
00:04:31,990 --> 00:04:28,490
it's right there again so interesting

106
00:04:33,550 --> 00:04:32,000
yeah gotcha that gym looks a little

107
00:04:36,010 --> 00:04:33,560
different from the astronaut jim here on

108
00:04:38,110 --> 00:04:36,020
earth when you say because you do have

109
00:04:39,640 --> 00:04:38,120
some of those components but um you know

110
00:04:41,170 --> 00:04:39,650
one thing i was saying to nicole before

111
00:04:43,270 --> 00:04:41,180
we started this was that I'm sort of the

112
00:04:45,070 --> 00:04:43,280
novice to the group because before

113
00:04:47,560 --> 00:04:45,080

become an astronaut I worked out you

114

00:04:50,170 --> 00:04:47,570

know moderately but not as much as I

115

00:04:52,270 --> 00:04:50,180

have to now so once I became an

116

00:04:54,340 --> 00:04:52,280

astronaut I really had that the game so

117

00:04:56,380 --> 00:04:54,350

seeing what you guys do is that you know

118

00:04:58,480 --> 00:04:56,390

we all kind of have to stay in really

119

00:04:59,830 --> 00:04:58,490

good shape in at a peak condition and

120

00:05:01,990 --> 00:04:59,840

i'm still getting to that peak condition

121

00:05:04,090 --> 00:05:02,000

but we're getting close especially for

122

00:05:06,370 --> 00:05:04,100

EBA and then as a countermeasure for

123

00:05:07,900 --> 00:05:06,380

living on the space station which mike

124

00:05:10,270 --> 00:05:07,910

and i think Rick will talk about right

125

00:05:11,620 --> 00:05:10,280

right so I think it's really cute that

126

00:05:14,530 --> 00:05:11,630

you say you're the novice because really

127

00:05:15,909 --> 00:05:14,540

I'm the you know we weekend warrior over

128

00:05:18,970 --> 00:05:15,919

here I'm not even remotely in the

129

00:05:20,530 --> 00:05:18,980

ballpark of any of you guys but um tell

130

00:05:22,960 --> 00:05:20,540

us a little bit about when you join NASA

131

00:05:24,430 --> 00:05:22,970

because it is a big deal to start

132

00:05:26,740 --> 00:05:24,440

training for spacewalks like I think

133

00:05:28,960 --> 00:05:26,750

people probably underestimate how much

134

00:05:30,520 --> 00:05:28,970

upper body strength especially you need

135

00:05:32,440 --> 00:05:30,530

to have for moving in that pressurized

136

00:05:34,150 --> 00:05:32,450

suit exactly um can you tell us about

137

00:05:35,800 --> 00:05:34,160

the first time you got in that soup was

138

00:05:38,080 --> 00:05:35,810

a real eye-opener it was a real

139

00:05:39,400 --> 00:05:38,090

eye-opener because we only do three

140

00:05:41,830 --> 00:05:39,410

hours the first time we're in the pool

141

00:05:43,480 --> 00:05:41,840

and then we do up to six hours and the

142

00:05:45,520 --> 00:05:43,490

soup here on earth in the neutral

143

00:05:48,610 --> 00:05:45,530

buoyancy lab so the first time you do it

144

00:05:50,200 --> 00:05:48,620

i think it's an eye-opener how difficult

145

00:05:52,870 --> 00:05:50,210

it is to move in a suit because you have

146

00:05:55,300 --> 00:05:52,880

arm bearings and your range of motion is

147

00:05:58,030 --> 00:05:55,310

limited and then you have these gloves

148

00:06:01,300 --> 00:05:58,040

as well and so having the muscle

149

00:06:03,820 --> 00:06:01,310

endurance and the finesse to operate the

150

00:06:05,350 --> 00:06:03,830

suit together is what's important and

151
00:06:07,390 --> 00:06:05,360
when you don't have those together the

152
00:06:09,670 --> 00:06:07,400
super wear you out so the first time you

153
00:06:11,710 --> 00:06:09,680
do it the three hours absolutely white

154
00:06:14,620 --> 00:06:11,720
you out and then you build up to four

155
00:06:16,840 --> 00:06:14,630
hours five hours and now six hours is um

156
00:06:18,340 --> 00:06:16,850
you know what we're up to now and so

157
00:06:21,250 --> 00:06:18,350
like last week I was in the pool with

158
00:06:23,560 --> 00:06:21,260
chris cassidy and you know lasting the

159
00:06:26,469 --> 00:06:23,570
six hours and trying to keep them than a

160
00:06:28,240 --> 00:06:26,479
Navy SEAL yeah I so trying to keep keep

161
00:06:30,430 --> 00:06:28,250
up with them last thing the six hours

162
00:06:32,560 --> 00:06:30,440
you know is is crucial because there's

163
00:06:33,070 --> 00:06:32,570

so many different tasks that you have to

164

00:06:36,969 --> 00:06:33,080

do

165

00:06:39,550 --> 00:06:36,979

waste those resources so you want to be

166

00:06:41,350 --> 00:06:39,560

able to last six seven and in some cases

167

00:06:43,300 --> 00:06:41,360

you know seven and a half almost eight

168

00:06:44,679 --> 00:06:43,310

hours outside just to get everything

169

00:06:46,450 --> 00:06:44,689

done because you don't want to waste

170

00:06:49,270 --> 00:06:46,460

that precious time that you have outside

171

00:06:51,850 --> 00:06:49,280

so you are a runner before you join NASA

172

00:06:53,800 --> 00:06:51,860

I was a very on a better shape now way

173

00:06:55,770 --> 00:06:53,810

better shape now yeah and I have to I

174

00:06:59,110 --> 00:06:55,780

mean if you're going to live on station

175

00:07:01,510 --> 00:06:59,120

and then come back in great shape you

176
00:07:02,860 --> 00:07:01,520
know no bone loss nothing like that you

177
00:07:04,929 --> 00:07:02,870
know one of the countermeasures is

178
00:07:07,959 --> 00:07:04,939
lifting heavy weights and loading your

179
00:07:12,270 --> 00:07:07,969
bones to you so yeah you have to up your

180
00:07:15,760 --> 00:07:12,280
game quite a bit yeah interesting so

181
00:07:18,700 --> 00:07:15,770
well and what a steep learning curve

182
00:07:20,379 --> 00:07:18,710
yeah but I'm the CrossFit and working

183
00:07:24,309 --> 00:07:20,389
out for the Texans can't you know it's

184
00:07:28,749 --> 00:07:24,319
got to be a lot higher also spoke I'll

185
00:07:29,800 --> 00:07:28,759
let these guys go all right I'm hearing

186
00:07:32,019 --> 00:07:29,810
that we've got about two more minutes

187
00:07:34,300 --> 00:07:32,029
before we're going to connect with Mike

188
00:07:36,279 --> 00:07:34,310

and Rick on orbit just curious if any of

189

00:07:38,830 --> 00:07:36,289

you guys have been have seen any of

190

00:07:40,240 --> 00:07:38,840

their videos Mike's been sharing some

191

00:07:41,740 --> 00:07:40,250

he's been sharing his workouts from

192

00:07:43,990 --> 00:07:41,750

space which is the first time we've had

193

00:07:45,550 --> 00:07:44,000

an ass shot setting those and now just

194

00:07:47,200 --> 00:07:45,560

within the last few weeks we've actually

195

00:07:49,779 --> 00:07:47,210

gotten some videos of them which are

196

00:07:51,129 --> 00:07:49,789

pretty intimidating yeah I'm sure if

197

00:07:53,110 --> 00:07:51,139

we've recorded all of your interviews

198

00:07:55,059 --> 00:07:53,120

they'd be equally intimidating but for

199

00:07:56,680 --> 00:07:55,069

those of us but that's a rarity because

200

00:07:58,659 --> 00:07:56,690

you never really see what goes on on

201
00:08:00,550 --> 00:07:58,669
station especially with the workout I'm

202
00:08:02,559 --> 00:08:00,560
a lot of that data set is this not

203
00:08:04,930 --> 00:08:02,569
tightly held it's just it's never been

204
00:08:06,999 --> 00:08:04,940
shared so it's kind of cool to see how

205
00:08:08,829 --> 00:08:07,009
much work out they do what kind of loads

206
00:08:12,189 --> 00:08:08,839
there how do you load your weight and

207
00:08:14,589 --> 00:08:12,199
zero and pretty much zero g mm-hmm so

208
00:08:16,629 --> 00:08:14,599
that whole workout is amazing that they

209
00:08:18,040 --> 00:08:16,639
do yeah and we've learned a lot you know

210
00:08:19,719 --> 00:08:18,050
from when we very first started the

211
00:08:21,760 --> 00:08:19,729
space station we had different equipment

212
00:08:24,369 --> 00:08:21,770
and now they've really evolved learned a

213
00:08:26,019 --> 00:08:24,379

lot more about I think specializing in

214

00:08:28,089 --> 00:08:26,029

the upper body and even some of them yes

215

00:08:31,059 --> 00:08:28,099

and especially the larger bones like

216

00:08:34,120 --> 00:08:31,069

your pelvis and your um so a lot of the

217

00:08:36,310 --> 00:08:34,130

I think that places where you could lose

218

00:08:39,100 --> 00:08:36,320

bones loading those well when I'm

219

00:08:41,469 --> 00:08:39,110

loading the bone there and the resistive

220

00:08:43,389 --> 00:08:41,479

exercises that they do basically loads

221

00:08:46,100 --> 00:08:43,399

all the important roles so you virtually

222

00:08:49,490 --> 00:08:46,110

have a lot less bone loss

223

00:08:52,519 --> 00:08:49,500

so it would be nice to see what I'm it's

224

00:08:54,290 --> 00:08:52,529

nice to see the video then and my cuz

225

00:08:55,340 --> 00:08:54,300

I'm sent down for us I think it's

226

00:08:56,660 --> 00:08:55,350

interesting too that they have a

227

00:08:58,430 --> 00:08:56,670

different incentive than probably

228

00:09:00,620 --> 00:08:58,440

anybody else on the planet for working

229

00:09:02,300 --> 00:09:00,630

out you know more they work out on orbit

230

00:09:03,980 --> 00:09:02,310

and stick to their regimen oh yeah the

231

00:09:05,990 --> 00:09:03,990

better for them when they return Oh much

232

00:09:07,460 --> 00:09:06,000

better yeah virtually nothing else is

233

00:09:08,990 --> 00:09:07,470

amazing all right and we're getting

234

00:09:10,699 --> 00:09:09,000

ready to connect so we're all just going

235

00:09:19,910 --> 00:09:10,709

to stand by for a minute and stand back

236

00:09:46,460 --> 00:09:19,920

from Mission Control yeah some help

237

00:09:51,720 --> 00:09:49,920

okay station this is nicole cloudy of

238

00:09:53,430 --> 00:09:51,730

the Masters NASA public affairs officer

239

00:10:02,129 --> 00:09:53,440

here in Houston with the Google+ Hangout

240

00:10:07,139 --> 00:10:02,139

how do you hear us okay I'm not hearing

241

00:10:09,030 --> 00:10:07,149

that yeah they were you do okay it's

242

00:10:11,160 --> 00:10:09,040

your answer okay Nicole I'll try it

243

00:10:13,350 --> 00:10:11,170

again how's this can you hear me much

244

00:10:18,240 --> 00:10:13,360

better we hear you loud and clear great

245

00:10:19,470 --> 00:10:18,250

to see you guys yeah it's great to be

246

00:10:22,590 --> 00:10:19,480

here we're really looking forward to

247

00:10:24,180 --> 00:10:22,600

this well we're here with a you'll

248

00:10:26,610 --> 00:10:24,190

recognize this face Jeanette of course

249

00:10:28,019 --> 00:10:26,620

from the dash track or and we've got a

250

00:10:29,670 --> 00:10:28,029

lot of the familiar faces from the

251
00:10:31,410 --> 00:10:29,680
original hang out that we did over the

252
00:10:34,019 --> 00:10:31,420
summer so we've got Jared Crick with the

253
00:10:37,170 --> 00:10:34,029
Houston Texans rich Froning with

254
00:10:39,509 --> 00:10:37,180
CrossFit and also Kurt tomorrow tommasi

255
00:10:45,930 --> 00:10:39,519
and his bobsled team so they're

256
00:10:47,939 --> 00:10:45,940
connecting live from Sochi yeah that's

257
00:10:50,730 --> 00:10:47,949
fantastic and welcome to everybody to

258
00:10:52,560 --> 00:10:50,740
Peter not make it they had some weather

259
00:10:54,120 --> 00:10:52,570
weather issues where he's at so

260
00:10:55,889 --> 00:10:54,130
unfortunately they were not able to

261
00:10:57,329 --> 00:10:55,899
connect but we've got a great group and

262
00:10:59,340 --> 00:10:57,339
everybody's really excited to hear from

263
00:11:01,050 --> 00:10:59,350

you why don't you and Rick tell us a

264

00:11:03,150 --> 00:11:01,060

little bit about what's going on there

265

00:11:04,590 --> 00:11:03,160

up you know 250 miles above the earth

266

00:11:10,199 --> 00:11:04,600

and what your workouts are like now that

267

00:11:11,850 --> 00:11:10,209

you're in space yeah sure it's so I've

268

00:11:14,220 --> 00:11:11,860

been up here a little over four months

269

00:11:17,280 --> 00:11:14,230

now and Rick I guess what about three

270

00:11:19,139 --> 00:11:17,290

months and so you know our daily routine

271

00:11:21,150 --> 00:11:19,149

one of we do a lot of science we do a

272

00:11:22,829 --> 00:11:21,160

lot of maintenance on the station but

273

00:11:23,850 --> 00:11:22,839

one of the most important that we do and

274

00:11:25,740 --> 00:11:23,860

one of the big reasons we're here

275

00:11:27,930 --> 00:11:25,750

obviously today's talk about fitness and

276

00:11:29,850 --> 00:11:27,940

exercise and so we have between an hour

277

00:11:32,730 --> 00:11:29,860

and a half to two hours a day that's

278

00:11:35,460 --> 00:11:32,740

dedicated our work time part of our work

279

00:11:36,870 --> 00:11:35,470

time to exercise because of to try and

280

00:11:40,170 --> 00:11:36,880

counteract all the effects of

281

00:11:44,030 --> 00:11:40,180

microgravity and so we're actually here

282

00:11:47,460 --> 00:11:44,040

in our gym on station and we're sitting

283

00:11:49,110 --> 00:11:47,470

while we're floating next to the a rad

284

00:11:51,150 --> 00:11:49,120

the adaptive resistive exercise

285

00:11:53,640 --> 00:11:51,160

vice and this is our our weightlifting

286

00:11:55,290 --> 00:11:53,650

machine up here on orbit and so with

287

00:11:57,150 --> 00:11:55,300

this we're able to do just about

288

00:11:59,280 --> 00:11:57,160

everything you guys can do well maybe

289

00:12:00,540 --> 00:11:59,290

not everything power cleans and snatches

290

00:12:01,950 --> 00:12:00,550

and things like that we're not able to

291

00:12:04,650 --> 00:12:01,960

do but we can certainly do squats

292

00:12:06,110 --> 00:12:04,660

deadlifts benchpress a lot of the core

293

00:12:08,579 --> 00:12:06,120

lifts which are very important to us

294

00:12:10,920 --> 00:12:08,589

actually about where the camera is

295

00:12:13,680 --> 00:12:10,930

sitting is also in this same module we

296

00:12:16,260 --> 00:12:13,690

have a treadmill and that treadmill is

297

00:12:17,490 --> 00:12:16,270

what not you know we use that for a lot

298

00:12:19,440 --> 00:12:17,500

of our aerobic conditioning but it's

299

00:12:21,810 --> 00:12:19,450

also important to help us with things

300

00:12:24,510 --> 00:12:21,820

like overcoming the the bone loss as we

301
00:12:26,460 --> 00:12:24,520
have that impact of our feet now running

302
00:12:28,710 --> 00:12:26,470
on that on the treadmill that that does

303
00:12:30,840 --> 00:12:28,720
help keep our bones strong and then in a

304
00:12:33,329 --> 00:12:30,850
different module we have a exercise bike

305
00:12:35,130 --> 00:12:33,339
and so between these three things the

306
00:12:38,220 --> 00:12:35,140
air at the weightlifting we do pretty

307
00:12:40,920 --> 00:12:38,230
much every day and between the the tea

308
00:12:42,210 --> 00:12:40,930
to the treadmill and the exercise bike

309
00:12:44,370 --> 00:12:42,220
will usually will alternate between

310
00:12:45,990 --> 00:12:44,380
those but again about an hour and a half

311
00:12:51,720 --> 00:12:46,000
to two hours a day is what we do

312
00:12:53,430 --> 00:12:51,730
exercising up here so Mike I bet some of

313
00:12:56,070 --> 00:12:53,440

us are probably curious you worked out a

314

00:12:57,030 --> 00:12:56,080

lot before flight how did it compare now

315

00:12:59,430 --> 00:12:57,040

that you're in your first spaceflight

316

00:13:00,780 --> 00:12:59,440

was it much different than you were

317

00:13:05,430 --> 00:13:00,790

expecting tell us a little bit about

318

00:13:08,180 --> 00:13:05,440

that well you know a lot of it's the

319

00:13:10,860 --> 00:13:08,190

same your muscles get sore you get tired

320

00:13:13,829 --> 00:13:10,870

and it feels good that it feels good to

321

00:13:17,699 --> 00:13:13,839

get that burn going so in that sense it

322

00:13:19,050 --> 00:13:17,709

it's very similar on the other hand you

323

00:13:21,180 --> 00:13:19,060

know you do have to get used to this

324

00:13:23,100 --> 00:13:21,190

machine because it doesn't you know it

325

00:13:24,570 --> 00:13:23,110

doesn't operate quite the same way that

326

00:13:26,579 --> 00:13:24,580

what you're used to on the ground in

327

00:13:28,470 --> 00:13:26,589

fact if you want real quick i'll give

328

00:13:30,180 --> 00:13:28,480

you a demonstration rick can talk to you

329

00:13:31,710 --> 00:13:30,190

a little bit but i'll show you you're

330

00:13:33,720 --> 00:13:31,720

going to notice the Machine moves quite

331

00:13:36,570 --> 00:13:33,730

a bit as we as we work out so as we're

332

00:13:38,490 --> 00:13:36,580

doing like squats we have a vibration

333

00:13:39,990 --> 00:13:38,500

isolation system because as we as we

334

00:13:42,120 --> 00:13:40,000

work out on this we don't want all of

335

00:13:43,290 --> 00:13:42,130

the forces being imparted on the station

336

00:13:47,460 --> 00:13:43,300

so you're going to see quite a bit of

337

00:13:49,140 --> 00:13:47,470

motion here as I do some squats yeah

338

00:13:50,699 --> 00:13:49,150

like mike says you'll see the machine

339

00:13:52,470 --> 00:13:50,709

actually moves as much as your body

340

00:13:55,140 --> 00:13:52,480

moves and that's like Mike said is to

341

00:13:56,490 --> 00:13:55,150

avoid vibrating whole space station

342

00:13:57,630 --> 00:13:56,500

we're doing a lot of research up here

343

00:13:58,920 --> 00:13:57,640

where they wanted they don't want to

344

00:14:00,270 --> 00:13:58,930

have those vibrations affect the

345

00:14:02,400 --> 00:14:00,280

experiment so you can see the whole

346

00:14:03,030 --> 00:14:02,410

platform the whole machine actually

347

00:14:04,860 --> 00:14:03,040

moves up in

348

00:14:06,960 --> 00:14:04,870

down with Mike the other thing that I

349

00:14:08,400 --> 00:14:06,970

noticed about lifting and running up

350

00:14:10,350 --> 00:14:08,410

here course is the loads on your body

351

00:14:12,720 --> 00:14:10,360

are quite a bit different you know what

352

00:14:14,129 --> 00:14:12,730

uh maybe when when you're squatting 200

353

00:14:15,629 --> 00:14:14,139

pounds down on the earth and squatting

354

00:14:17,790 --> 00:14:15,639

200 pounds up here it's quite a bit

355

00:14:19,530 --> 00:14:17,800

difference because of all the load and

356

00:14:21,389 --> 00:14:19,540

is on your shoulders when you put 200

357

00:14:28,319 --> 00:14:21,399

pounds up here you know you're not it's

358

00:14:30,660 --> 00:14:28,329

not eat more evenly distributed good

359

00:14:39,230 --> 00:14:30,670

squat Mike and the only other thing I

360

00:14:43,019 --> 00:14:41,430

yeah I just want to say hello they all

361

00:14:46,499 --> 00:14:43,029

the other guys you know we have a we

362

00:14:49,170 --> 00:14:46,509

have a team USA a banner back here we

363

00:14:51,389 --> 00:14:49,180

got a Houston Texans baseball hat and we

364

00:14:53,280 --> 00:14:51,399

even have a picture of Kurt and a few of

365

00:14:55,370 --> 00:14:53,290

the other Olympian so good luck to all

366

00:14:59,509 --> 00:14:55,380

you guys good to talk to you too

367

00:15:01,710 --> 00:14:59,519

excellent thanks a lot guys this shade

368

00:15:03,269 --> 00:15:01,720

all right well definitely want to open

369

00:15:06,629 --> 00:15:03,279

it up to you guys for your questions

370

00:15:08,579 --> 00:15:06,639

Kurt rich or you in jeannette any any

371

00:15:09,930 --> 00:15:08,589

questions for Mike and Rick you free and

372

00:15:11,400 --> 00:15:09,940

we've got some Twitter questions to or

373

00:15:19,579 --> 00:15:11,410

even a little because it i wanted to you

374

00:15:26,370 --> 00:15:24,509

yeah you guys go ahead okay I guess yeah

375

00:15:27,420 --> 00:15:26,380

one of our questions we're one first of

376

00:15:29,490 --> 00:15:27,430

all we're wondering what's the max

377

00:15:33,150 --> 00:15:29,500

weight that you can you can squat in

378

00:15:38,160 --> 00:15:33,160

there thank you what's what's your bench

379

00:15:40,530 --> 00:15:38,170

max yeah you know it is interesting that

380

00:15:42,960 --> 00:15:40,540

the machine actually goes up to 600

381

00:15:46,230 --> 00:15:42,970

pounds I don't get I don't get that

382

00:15:49,019 --> 00:15:46,240

close my max squats that I'm doing are

383

00:15:59,960 --> 00:15:49,029

going to approach 400 pounds on us on

384

00:16:05,790 --> 00:16:02,910

Energy house yeah one of the one of the

385

00:16:07,850 --> 00:16:05,800

interesting things about squats that up

386

00:16:10,470 --> 00:16:07,860

here it's a little bit different because

387

00:16:12,240 --> 00:16:10,480

it's not quite a smith machine because

388

00:16:14,189 --> 00:16:12,250

you can see we have the the motion of

389

00:16:16,400 --> 00:16:14,199

the the bar as we're going up and down

390

00:16:18,499 --> 00:16:16,410

at the same time though

391

00:16:20,090 --> 00:16:18,509

you don't there's no risk of falling

392

00:16:22,129 --> 00:16:20,100

backwards so there's a there's a

393

00:16:24,410 --> 00:16:22,139

tendency that you can just kind of you

394

00:16:26,329 --> 00:16:24,420

can really sink down on your haunches

395

00:16:27,889 --> 00:16:26,339

and your heels and you're not worried

396

00:16:29,930 --> 00:16:27,899

about losing your balance going

397

00:16:32,300 --> 00:16:29,940

backwards so there are some things up

398

00:16:38,900 --> 00:16:32,310

here that are advantageous for us when

399

00:16:40,879 --> 00:16:38,910

we when we do things like the squats we

400

00:16:42,350 --> 00:16:40,889

had another question about how do you

401
00:16:43,850 --> 00:16:42,360
decide how much you're going to lift I

402
00:16:46,400 --> 00:16:43,860
mean if somebody write your programs is

403
00:16:51,559 --> 00:16:46,410
there a set regiment for for what you're

404
00:16:53,509 --> 00:16:51,569
going to be exercising that day yeah we

405
00:16:54,800 --> 00:16:53,519
have a few trainers back at the Johnson

406
00:16:56,389 --> 00:16:54,810
Space Center we work with them

407
00:16:59,150 --> 00:16:56,399
pre-flight of course and work out on a

408
00:17:01,129 --> 00:16:59,160
regular basis and they give us a fitness

409
00:17:03,110 --> 00:17:01,139
evaluation and they see what we could

410
00:17:04,789 --> 00:17:03,120
max out and then based on our max values

411
00:17:07,610 --> 00:17:04,799
are based on what we do on a daily basis

412
00:17:10,039 --> 00:17:07,620
they figure out a schedule for us and

413
00:17:12,079 --> 00:17:10,049

then we start with that up here and of

414

00:17:15,110 --> 00:17:12,089

course then we increase on a daily basis

415

00:17:17,059 --> 00:17:15,120

and I just like to add one of the things

416

00:17:20,600 --> 00:17:17,069

we've been adding in here recently is

417

00:17:22,640 --> 00:17:20,610

some of these daily workouts much what

418

00:17:25,850 --> 00:17:22,650

you might see with the CrossFit type

419

00:17:28,399 --> 00:17:25,860

activity so more body weight type lifts

420

00:17:31,820 --> 00:17:28,409

so what I'll do is to simulate an air

421

00:17:33,289 --> 00:17:31,830

squat I'll put 185 pounds on here and in

422

00:17:35,000 --> 00:17:33,299

the microgravity environment that's

423

00:17:37,220 --> 00:17:35,010

that's pretty close to an air squat and

424

00:17:42,770 --> 00:17:37,230

then I could do a lot higher reps but

425

00:17:46,789 --> 00:17:42,780

with a lot less load it's cool hey Mike

426

00:17:50,210 --> 00:17:46,799

I'm met howdy um can you talk about how

427

00:17:56,240 --> 00:17:50,220

you eat on skates you're looking for

428

00:17:58,100 --> 00:17:56,250

responding you know a lot more yeah you

429

00:18:00,500 --> 00:17:58,110

know it's interesting one of the

430

00:18:03,500 --> 00:18:00,510

problems that both Rick and I have had

431

00:18:07,490 --> 00:18:03,510

up here is maintaining our weight my I

432

00:18:10,480 --> 00:18:07,500

launched at about 185 186 and I've spent

433

00:18:13,010 --> 00:18:10,490

a lot of my time up here in the 176 178

434

00:18:16,310 --> 00:18:13,020

range and and just can't get enough food

435

00:18:18,320 --> 00:18:16,320

in the body you get full you know one

436

00:18:19,610 --> 00:18:18,330

month since you don't you don't need as

437

00:18:21,140 --> 00:18:19,620

much fluid in your bodies and so you

438

00:18:23,840 --> 00:18:21,150

tend to be a little bit lighter I think

439

00:18:25,310 --> 00:18:23,850

from that but but on the other hand you

440

00:18:27,830 --> 00:18:25,320

know the food up here is pretty good but

441

00:18:34,060 --> 00:18:27,840

for whatever reason you know it's just

442

00:18:39,860 --> 00:18:38,270

right and I have a question for for

443

00:18:41,840 --> 00:18:39,870

everybody out there I probably start

444

00:18:44,270 --> 00:18:41,850

with Jared actually you know so you just

445

00:18:46,670 --> 00:18:44,280

finished a football season which is can

446

00:18:48,650 --> 00:18:46,680

be pretty grueling on the body and you

447

00:18:50,780 --> 00:18:48,660

know Rick and I here in a few months in

448

00:18:52,070 --> 00:18:50,790

fact for me but about 30 days I'm going

449

00:18:55,010 --> 00:18:52,080

to start hitting in the recovery phase

450

00:18:57,320 --> 00:18:55,020

and so I'm just kind of curious for you

451

00:18:59,360 --> 00:18:57,330

what what is the recovery phase after a

452

00:19:02,180 --> 00:18:59,370

very long seeds and how how is your

453

00:19:04,430 --> 00:19:02,190

workouts changed in and you know when do

454

00:19:06,440 --> 00:19:04,440

you start really building up again well

455

00:19:09,110 --> 00:19:06,450

honestly right after our season got over

456

00:19:11,420 --> 00:19:09,120

I did nothing at all for probably keeps

457

00:19:13,820 --> 00:19:11,430

and then lately I've been starting to

458

00:19:15,470 --> 00:19:13,830

get into tennis we got a couple of

459

00:19:17,510 --> 00:19:15,480

tennis courts you know around the area

460

00:19:19,400 --> 00:19:17,520

so I've been playing tennis for the

461

00:19:21,440 --> 00:19:19,410

majority of my workouts but I'll go on a

462

00:19:23,930 --> 00:19:21,450

bike ride and I'll make 30 minute bike

463

00:19:25,280 --> 00:19:23,940

ride if it's nice out and slowly

464

00:19:27,230 --> 00:19:25,290

starting to get back into my running

465

00:19:28,730 --> 00:19:27,240

regimen and like you said right off to

466

00:19:32,030 --> 00:19:28,740

where do you want to kind of take a look

467

00:19:33,650 --> 00:19:32,040

fiery country but here in a couple

468

00:19:35,450 --> 00:19:33,660

months that we're going to be full board

469

00:19:38,360 --> 00:19:35,460

and so slowly I'm gonna start to

470

00:19:42,020 --> 00:19:38,370

increase my know how long I go for a run

471

00:19:43,970 --> 00:19:42,030

for I'm gonna start with a target pretty

472

00:19:46,400 --> 00:19:43,980

soon as could be time to get back in it

473

00:19:53,120 --> 00:19:46,410

so right now I'm enjoying the off-season

474

00:19:54,920 --> 00:19:53,130

of a body after you know 20 games yeah

475

00:19:57,050 --> 00:19:54,930

you know what I'd like to bet that

476
00:19:58,700 --> 00:19:57,060
sounds sounds like a lot of fun actually

477
00:20:01,040 --> 00:19:58,710
and enrich actually same kind of

478
00:20:02,810 --> 00:20:01,050
question for you obviously you were

479
00:20:05,270 --> 00:20:02,820
quite successful again in the CrossFit

480
00:20:07,550 --> 00:20:05,280
Games congratulations with that but you

481
00:20:09,860 --> 00:20:07,560
know after the CrossFit Games how did do

482
00:20:12,110 --> 00:20:09,870
you do with your with your workouts um I

483
00:20:13,520 --> 00:20:12,120
do better more of an active recovery so

484
00:20:15,740 --> 00:20:13,530
I'd keep working out adjust the

485
00:20:18,590 --> 00:20:15,750
intensity wouldn't be as high or the

486
00:20:21,050 --> 00:20:18,600
stress of working out wasn't there you

487
00:20:23,000 --> 00:20:21,060
know right now I miss some work out and

488
00:20:24,320 --> 00:20:23,010

gets a little bit more stressful but

489

00:20:26,030 --> 00:20:24,330

after the games it's kind of like just

490

00:20:27,530 --> 00:20:26,040

get something done have some fun maybe

491

00:20:29,650 --> 00:20:27,540

do some workouts with some of the guys

492

00:20:32,300 --> 00:20:29,660

and girls and all the work out with

493

00:20:34,580 --> 00:20:32,310

mainly just just have fun working out so

494

00:20:39,169 --> 00:20:34,590

that that that's over with though now so

495

00:20:40,370 --> 00:20:39,179

it's about season time yeah so it's

496

00:20:42,710 --> 00:20:40,380

interesting so it sounds like a lot of

497

00:20:43,400 --> 00:20:42,720

it is is also are just kind of a mental

498

00:20:45,470 --> 00:20:43,410

recovery

499

00:20:47,600 --> 00:20:45,480

well just given your mind a break from

500

00:20:50,300 --> 00:20:47,610

pushing so hard and actually now a

501
00:20:52,400 --> 00:20:50,310
curtain question for you guys in and the

502
00:20:54,200 --> 00:20:52,410
bobsled team you know you guys are

503
00:20:56,300 --> 00:20:54,210
getting ready for the game so how how is

504
00:20:57,200 --> 00:20:56,310
your workouts at this point obviously

505
00:20:59,570 --> 00:20:57,210
you're you're over in Sochi

506
00:21:00,680 --> 00:20:59,580
congratulations for all that but you

507
00:21:01,700 --> 00:21:00,690
know what do you try and do at this

508
00:21:03,320 --> 00:21:01,710
point you don't want to push too hard

509
00:21:06,380 --> 00:21:03,330
but you don't want to take off too much

510
00:21:10,250 --> 00:21:06,390
before the competition yeah we've got a

511
00:21:11,420 --> 00:21:10,260
pretty specific plan of how to peak hour

512
00:21:13,820 --> 00:21:11,430
workout so that we're going to be as

513
00:21:15,950 --> 00:21:13,830

strong and fast and powerful on the day

514

00:21:17,090 --> 00:21:15,960

of the race and so that's a it's a very

515

00:21:19,070 --> 00:21:17,100

specific plan that we're trying to

516

00:21:22,640 --> 00:21:19,080

follow right now and you know hopefully

517

00:21:24,050 --> 00:21:22,650

it works out as you know as far as you

518

00:21:26,420 --> 00:21:24,060

know maintaining our speed and strength

519

00:21:27,800 --> 00:21:26,430

at the same time and not really having

520

00:21:29,120 --> 00:21:27,810

to worry about it all what happens in

521

00:21:30,950 --> 00:21:29,130

you know two or three weeks from now

522

00:21:33,050 --> 00:21:30,960

just after the games you know if our

523

00:21:34,430 --> 00:21:33,060

bodies are shot at that time you know we

524

00:21:44,200 --> 00:21:34,440

really don't care it's all about just a

525

00:21:47,960 --> 00:21:46,340

I'm gonna jump in here we have

526

00:21:49,520 --> 00:21:47,970

concessions that were submitted by

527

00:21:51,950 --> 00:21:49,530

social media so I definitely want to try

528

00:21:53,720 --> 00:21:51,960

to get a few of these in it um this one

529

00:21:56,390 --> 00:21:53,730

was from google plus I don't have a name

530

00:21:58,100 --> 00:21:56,400

but it was for for all of you for anyone

531

00:22:00,740 --> 00:21:58,110

what specific mental preparation

532

00:22:02,630 --> 00:22:00,750

routines do you use if any to help

533

00:22:04,550 --> 00:22:02,640

maintain the focus and motivation to

534

00:22:08,560 --> 00:22:04,560

workout consistently and for long

535

00:22:11,840 --> 00:22:08,570

periods of time at such an intense level

536

00:22:13,820 --> 00:22:11,850

so maybe you can all of you can weigh in

537

00:22:17,060 --> 00:22:13,830

on that one and offer your individual

538

00:22:19,160 --> 00:22:17,070

thoughts well well I guess I can start

539

00:22:21,950 --> 00:22:19,170

them well I'll just very quickly at four

540

00:22:23,780 --> 00:22:21,960

us on on station you know we do it seven

541

00:22:27,560 --> 00:22:23,790

days a week up here and you really need

542

00:22:29,090 --> 00:22:27,570

to do it for for this six months in I

543

00:22:30,620 --> 00:22:29,100

guess the motivation for us from a

544

00:22:32,210 --> 00:22:30,630

mental standpoint is when you when you

545

00:22:34,460 --> 00:22:32,220

take a day off you kind of feel guilty

546

00:22:36,050 --> 00:22:34,470

because you know we don't use our

547

00:22:38,090 --> 00:22:36,060

muscles hardly at all up here just

548

00:22:41,360 --> 00:22:38,100

moving around and working and so this

549

00:22:43,670 --> 00:22:41,370

this is all we get and in recovery for

550

00:22:46,070 --> 00:22:43,680

us is can be challenging and so it's

551

00:22:51,290 --> 00:22:46,080

it's you know that that helps us from a

552

00:22:52,820 --> 00:22:51,300

mental standpoint of keep going you were

553

00:22:55,940 --> 00:22:52,830

gonna say well I was going to say and

554

00:22:57,020 --> 00:22:55,950

you know working out now in preparation

555

00:22:59,330 --> 00:22:57,030

for going to see

556

00:23:01,730 --> 00:22:59,340

i think i'm mike is in great shape but

557

00:23:04,370 --> 00:23:01,740

he was in great shape before he went as

558

00:23:06,170 --> 00:23:04,380

well so I think before we launch getting

559

00:23:10,100 --> 00:23:06,180

into great shape so that when you get

560

00:23:12,500 --> 00:23:10,110

there you're just kind of um maintaining

561

00:23:13,610 --> 00:23:12,510

almost and building more muscle but you

562

00:23:22,280 --> 00:23:13,620

know you're doing it for different

563

00:23:24,860 --> 00:23:22,290

reasons I think Richard anybody I think

564

00:23:26,450 --> 00:23:24,870

you guys are all folks that naturally

565

00:23:28,880 --> 00:23:26,460

stay motivated so it's probably not as

566

00:23:30,890 --> 00:23:28,890

much of a challenge yeah I grew up my

567

00:23:32,720 --> 00:23:30,900

parents it was just what we did was you

568

00:23:35,000 --> 00:23:32,730

worked and now it's just kind of

569

00:23:37,490 --> 00:23:35,010

transferred over into working out snow

570

00:23:39,950 --> 00:23:37,500

my job and but I enjoy it you know and I

571

00:23:42,770 --> 00:23:39,960

tell a lot of people don't make working

572

00:23:44,630 --> 00:23:42,780

out and added stress you know have fun

573

00:23:45,860 --> 00:23:44,640

with it don't you know yeah you're gonna

574

00:23:47,330 --> 00:23:45,870

have some days where you don't feel like

575

00:23:48,830 --> 00:23:47,340

doing something but do something and

576
00:23:50,450 --> 00:23:48,840
there's going to be days that you don't

577
00:23:53,660 --> 00:23:50,460
hit certain numbers you want to hit or

578
00:23:55,430 --> 00:23:53,670
things like that but leave the stressing

579
00:24:03,880 --> 00:23:55,440
while working out to people like us that

580
00:24:07,970 --> 00:24:06,230
yeah rich I think there was a great

581
00:24:09,860 --> 00:24:07,980
point you added in there and that was

582
00:24:12,230 --> 00:24:09,870
that try and just do something I know

583
00:24:13,760 --> 00:24:12,240
there's days up here where man I tell

584
00:24:14,720 --> 00:24:13,770
you what it just doesn't go well but I

585
00:24:16,520 --> 00:24:14,730
think those are some of the most

586
00:24:18,920 --> 00:24:16,530
important days is to get through those

587
00:24:21,350 --> 00:24:18,930
workouts because you're still getting a

588
00:24:22,790 --> 00:24:21,360

little bit better even though from your

589

00:24:24,440 --> 00:24:22,800

performance standpoint it may not be

590

00:24:28,420 --> 00:24:24,450

your best lift or your best bike ride or

591

00:24:34,130 --> 00:24:28,430

run but I think those days are critical

592

00:24:37,760 --> 00:24:34,140

yep okay one other question that we got

593

00:24:39,530 --> 00:24:37,770

via Twitter was from at sell YB how do

594

00:24:42,980 --> 00:24:39,540

you control your perspiration while

595

00:24:44,510 --> 00:24:42,990

exercising in space so this is one

596

00:24:49,760 --> 00:24:44,520

probably a lot of people maybe are

597

00:24:51,560 --> 00:24:49,770

curious about yeah it's it's interesting

598

00:24:53,180 --> 00:24:51,570

we do we swept quite a bit up here

599

00:24:55,460 --> 00:24:53,190

because we do push ourselves pretty hard

600

00:24:56,990 --> 00:24:55,470

and instead of the sweat you know

601
00:24:58,790 --> 00:24:57,000
running down your face and running down

602
00:25:00,800 --> 00:24:58,800
your body it just basically pools on

603
00:25:02,210 --> 00:25:00,810
your arms on your head and if you just

604
00:25:03,740 --> 00:25:02,220
shake yourself a little bit you know

605
00:25:06,020 --> 00:25:03,750
sweat goes everywhere so you try to

606
00:25:08,240 --> 00:25:06,030
avoid that just you know just kind of

607
00:25:09,860 --> 00:25:08,250
concern for your fellow crew mates so

608
00:25:10,880 --> 00:25:09,870
basically I just keep a towel with me

609
00:25:12,200 --> 00:25:10,890
all times and just like

610
00:25:15,320 --> 00:25:12,210
do on the ground if I'm running or doing

611
00:25:18,080 --> 00:25:15,330
something I just wipe myself semi-dry

612
00:25:19,310 --> 00:25:18,090
with the towel but it's not much

613
00:25:25,970 --> 00:25:19,320

different than what we do down in the

614

00:25:29,720 --> 00:25:25,980

gym down there okay we have one other

615

00:25:32,150 --> 00:25:29,730

question let's see what this is from at

616

00:25:34,490 --> 00:25:32,160

skip morrow on Twitter what type of

617

00:25:36,140 --> 00:25:34,500

physical fitness data is collected from

618

00:25:42,500 --> 00:25:36,150

the astronauts is anything different

619

00:25:44,800 --> 00:25:42,510

collected from astro illini yeah that's

620

00:25:47,060 --> 00:25:44,810

it's additionally question so when we're

621

00:25:48,440 --> 00:25:47,070

our weights of course all of that is

622

00:25:50,870 --> 00:25:48,450

going down to the folks on the ground

623

00:25:52,220 --> 00:25:50,880

and there they're analyzing that and

624

00:25:55,040 --> 00:25:52,230

they're making adjustments to our

625

00:25:58,220 --> 00:25:55,050

workouts from from our weight standpoint

626
00:26:00,770 --> 00:25:58,230
and then from the the T to the the

627
00:26:03,590 --> 00:26:00,780
treadmill and the exercise bike we wear

628
00:26:05,120 --> 00:26:03,600
a heart monitor on on that and so

629
00:26:07,120 --> 00:26:05,130
they're recording our heart rates and

630
00:26:10,340 --> 00:26:07,130
the loads that were there running on and

631
00:26:12,920 --> 00:26:10,350
so and the speed so for the treadmill we

632
00:26:14,600 --> 00:26:12,930
have to put a harness on and we can it's

633
00:26:16,220 --> 00:26:14,610
attached to a bungee and by adjusting

634
00:26:18,590 --> 00:26:16,230
the length of that bungee we can adjust

635
00:26:20,480 --> 00:26:18,600
how much load is that we're running with

636
00:26:22,700 --> 00:26:20,490
so you know my goal is to try and run

637
00:26:24,590 --> 00:26:22,710
with a full body weight which means of

638
00:26:26,900 --> 00:26:24,600

course now i'm carrying 180 pounds on my

639

00:26:28,490 --> 00:26:26,910

shoulders while i'm running we also do a

640

00:26:29,720 --> 00:26:28,500

physical fitness test while we're up

641

00:26:32,720 --> 00:26:29,730

here where we'll actually hook ourselves

642

00:26:34,130 --> 00:26:32,730

up to an EKG and we'll be having our

643

00:26:35,710 --> 00:26:34,140

blood pressure taken as well as our

644

00:26:38,630 --> 00:26:35,720

heart rate as we ride on the bike

645

00:26:40,340 --> 00:26:38,640

interesting on that you know the nuts

646

00:26:43,070 --> 00:26:40,350

calculated there's there some errors in

647

00:26:46,580 --> 00:26:43,080

there but within two weeks of launching

648

00:26:48,890 --> 00:26:46,590

and being up in space my fitness level

649

00:26:51,110 --> 00:26:48,900

as they defined it had dropped fifteen

650

00:26:53,090 --> 00:26:51,120

percent and so from that point on it's

651
00:26:55,850 --> 00:26:53,100
just trying to you know a battle to try

652
00:26:58,210 --> 00:26:55,860
and get yourself back to that shape that

653
00:27:01,340 --> 00:26:58,220
you were in before you launched Oh

654
00:27:02,870 --> 00:27:01,350
interesting okay and I'm tolls from

655
00:27:05,300 --> 00:27:02,880
Mission Control we just have about two

656
00:27:06,950 --> 00:27:05,310
or three more minutes with the station

657
00:27:08,900 --> 00:27:06,960
fruit so I definitely want to open it up

658
00:27:10,790 --> 00:27:08,910
again to our special participant any

659
00:27:12,770 --> 00:27:10,800
last questions through our Mike and Rick

660
00:27:14,240 --> 00:27:12,780
before we have to sign off yeah we had

661
00:27:16,160 --> 00:27:14,250
one more question for you guys up there

662
00:27:18,410 --> 00:27:16,170
when you get back down to earth how long

663
00:27:21,260 --> 00:27:18,420

does it take you two to get acclimated

664

00:27:24,979 --> 00:27:21,270

to what you would have done before you

665

00:27:28,950 --> 00:27:27,269

yeah this good question this is my

666

00:27:30,509 --> 00:27:28,960

fourth time up here the International

667

00:27:32,489 --> 00:27:30,519

Space Station with my previous three

668

00:27:34,349 --> 00:27:32,499

missions were only two week missions and

669

00:27:36,779 --> 00:27:34,359

of course recovering from a two-week

670

00:27:38,999 --> 00:27:36,789

mission only took you know a handful of

671

00:27:41,220 --> 00:27:39,009

days if you will two or three days and

672

00:27:42,479 --> 00:27:41,230

you were back to pretty much normal so

673

00:27:43,919 --> 00:27:42,489

it's going to be interesting to see when

674

00:27:46,019 --> 00:27:43,929

I get back here in three months after

675

00:27:48,330 --> 00:27:46,029

being up here for six months what the

676

00:27:50,669 --> 00:27:48,340

recovery process is going to be from

677

00:27:52,289 --> 00:27:50,679

what I understand the exercise device is

678

00:27:53,609 --> 00:27:52,299

the lifting the running the biking that

679

00:27:55,259 --> 00:27:53,619

we do up here pretty pretty much

680

00:27:56,879 --> 00:27:55,269

maintain our health even some folks are

681

00:27:58,889 --> 00:27:56,889

coming home stronger than they did

682

00:28:00,539 --> 00:27:58,899

before they left and they were before

683

00:28:02,399 --> 00:28:00,549

they left so I think the recovery

684

00:28:04,349 --> 00:28:02,409

process is going to be pretty quick we

685

00:28:06,269 --> 00:28:04,359

do go through some kind of a recovery

686

00:28:12,119 --> 00:28:06,279

that's I think about two or three weeks

687

00:28:14,310 --> 00:28:12,129

so it doesn't take very long great Mike

688

00:28:15,779 --> 00:28:14,320

and Rick I think we're probably pretty

689

00:28:17,549 --> 00:28:15,789

close to having to sign off with you

690

00:28:19,590 --> 00:28:17,559

guys but we want to thank you so much

691

00:28:21,149 --> 00:28:19,600

for participating and talking with us

692

00:28:22,979 --> 00:28:21,159

and it's great to see you both up there

693

00:28:26,960 --> 00:28:22,989

definitely want to let you have any

694

00:28:32,549 --> 00:28:30,450

yeah of course go team USA certainly

695

00:28:33,899 --> 00:28:32,559

we're looking forward to watching all of

696

00:28:35,690 --> 00:28:33,909

the events that we can up here will

697

00:28:38,549 --> 00:28:35,700

certainly be watching bobsledding and

698

00:28:40,139 --> 00:28:38,559

for pro jared and rich i know you guys

699

00:28:42,539 --> 00:28:40,149

are starting to build up for the for the

700

00:28:45,119 --> 00:28:42,549

next season so best of luck to you and I

701
00:28:49,619 --> 00:28:45,129
hope we could do this again thank you

702
00:28:53,220 --> 00:28:49,629
safe travels yeah thanks a lot thanks

703
00:28:56,430 --> 00:28:53,230
Mike okay well we're going to continue

704
00:29:00,690 --> 00:28:56,440
to hang out and we'll let the station

705
00:29:02,310 --> 00:29:00,700
through sign off but again turning back

706
00:29:05,999 --> 00:29:02,320
this is Houston ACR that concludes the

707
00:29:07,739 --> 00:29:06,009
event thinking thank you google plus

708
00:29:09,359 --> 00:29:07,749
participants and NASA social media

709
00:29:15,119 --> 00:29:09,369
followers station we are now returning

710
00:29:17,669 --> 00:29:15,129
to your original audio be alright so

711
00:29:19,619 --> 00:29:17,679
that was glad to see behind so it's

712
00:29:21,869 --> 00:29:19,629
either a red I'm curious where you guys

713
00:29:23,789 --> 00:29:21,879

surprised on what that equipment looks

714

00:29:25,200 --> 00:29:23,799

like i always think it doesn't even look

715

00:29:26,759 --> 00:29:25,210

like exercise equipment to me it looks

716

00:29:28,979 --> 00:29:26,769

like this really intricate engineered

717

00:29:30,749 --> 00:29:28,989

yeah contraption learn how to use it on

718

00:29:32,460 --> 00:29:30,759

earth before you can use there so it is

719

00:29:34,289 --> 00:29:32,470

it is a little different yeah and it's

720

00:29:35,519 --> 00:29:34,299

pretty serious it's not very what I

721

00:29:36,970 --> 00:29:35,529

understand about making sure that you're

722

00:29:39,049 --> 00:29:36,980

really operating it properly

723

00:29:41,150 --> 00:29:39,059

exactly i'm making sure that the lows

724

00:29:43,400 --> 00:29:41,160

that you you dial n are those loads

725

00:29:46,610 --> 00:29:43,410

non-essential so yeah it's pretty is

726

00:29:48,740 --> 00:29:46,620

it's a very unique engineering feat I

727

00:29:50,299 --> 00:29:48,750

think right the way it's designed but it

728

00:29:52,400 --> 00:29:50,309

does this job I mean when you see these

729

00:29:54,440 --> 00:29:52,410

guys come back now I'm physically

730

00:29:56,630 --> 00:29:54,450

there's hardly anything wrong i mean

731

00:29:59,180 --> 00:29:56,640

there's an inner ear stability that has

732

00:30:01,250 --> 00:29:59,190

to come back but physically you know

733

00:30:04,340 --> 00:30:01,260

they're virtually coming back stronger

734

00:30:05,960 --> 00:30:04,350

so that's a great thing so even you have

735

00:30:08,600 --> 00:30:05,970

already started your training on those

736

00:30:09,799 --> 00:30:08,610

unique like that treadmill not mouthful

737

00:30:13,430 --> 00:30:09,809

training about we get a good

738

00:30:16,010 --> 00:30:13,440

introduction of your Simon yep gotcha

739

00:30:18,110 --> 00:30:16,020

okay interesting all right well we

740

00:30:20,660 --> 00:30:18,120

definitely still have some time so love

741

00:30:22,400 --> 00:30:20,670

to continue the conversation and take

742

00:30:25,390 --> 00:30:22,410

any questions you know that you guys may

743

00:30:27,919 --> 00:30:25,400

have just for each other or or Jeanette

744

00:30:31,430 --> 00:30:27,929

and will continue to check social media

745

00:30:34,850 --> 00:30:31,440

as well yes yeah one other question I

746

00:30:36,500 --> 00:30:34,860

guess about training in space I spend my

747

00:30:39,830 --> 00:30:36,510

summer time in colorado springs and the

748

00:30:40,790 --> 00:30:39,840

altitude their plays a factor I'm just

749

00:30:42,380 --> 00:30:40,800

kind of worrying about the air pressure

750

00:30:44,570 --> 00:30:42,390

that you have in there I'm guessing you

751

00:30:46,730 --> 00:30:44,580

try to set it as close this T level as

752

00:30:48,080 --> 00:30:46,740

possible is that true or you know will

753

00:30:50,450 --> 00:30:48,090

that unhappy athletes when they train

754

00:30:52,280 --> 00:30:50,460

too that's correct i had blown but the

755

00:30:56,150 --> 00:30:52,290

atmosphere is the same as you would a

756

00:30:58,640 --> 00:30:56,160

bitter so there should be no because I

757

00:31:00,860 --> 00:30:58,650

know the mile high city is you know the

758

00:31:03,140 --> 00:31:00,870

higher you are the pressure to breathe

759

00:31:05,780 --> 00:31:03,150

is is different but you know the on

760

00:31:10,070 --> 00:31:05,790

station is virtually the same here as

761

00:31:13,070 --> 00:31:10,080

here on earth so good question that's a

762

00:31:15,470 --> 00:31:13,080

great question yeah all right any others

763

00:31:17,990 --> 00:31:15,480

and just for any of our viewers again

764

00:31:19,160 --> 00:31:18,000

you can use the hashtag ask NASA if you

765

00:31:29,510 --> 00:31:19,170

want to submit a question for our

766

00:31:33,590 --> 00:31:29,520

special group okay let's see and we had

767

00:31:36,080 --> 00:31:33,600

some others let's see I guess just a

768

00:31:37,970 --> 00:31:36,090

common question about which which is

769

00:31:41,150 --> 00:31:37,980

your favourite exercise maybe you can

770

00:31:43,730 --> 00:31:41,160

tell us yours Jeanette well so because I

771

00:31:45,860 --> 00:31:43,740

did a lot of running I like to do more

772

00:31:47,240 --> 00:31:45,870

aerobic exercise than the weight lifting

773

00:31:48,350 --> 00:31:47,250

the weight lifting is tough but you know

774

00:31:50,240 --> 00:31:48,360

I have to get that in there at least

775

00:31:52,400 --> 00:31:50,250

twice a week have you had

776

00:31:54,590 --> 00:31:52,410

at least twice a week and do a lot of

777

00:31:56,780 --> 00:31:54,600

running and butt and I'm not so much

778

00:31:59,930 --> 00:31:56,790

biking but spin class to really get my

779

00:32:02,810 --> 00:31:59,940

heart rate up in and also the precor so

780

00:32:04,940 --> 00:32:02,820

running precor I'm cycling and then wait

781

00:32:08,390 --> 00:32:04,950

gotcha so there's a there's a whole

782

00:32:11,540 --> 00:32:08,400

thing I mean I wonder what time I can

783

00:32:14,900 --> 00:32:11,550

sum the CrossFit guru what do you do on

784

00:32:17,660 --> 00:32:14,910

a given day for I'm in order to get

785

00:32:19,850 --> 00:32:17,670

ready for competition oh just kind of

786

00:32:21,320 --> 00:32:19,860

depends there's um you know I do a lot

787

00:32:25,250 --> 00:32:21,330

of the Olympic lifting a lot of

788

00:32:28,580 --> 00:32:25,260

different power lifts weights body

789

00:32:32,180 --> 00:32:28,590

weight and pretty much anything that's

790

00:32:33,950 --> 00:32:32,190

the the beauty of CrossFit is there are

791

00:32:35,900 --> 00:32:33,960

so many different things that you can do

792

00:32:39,050 --> 00:32:35,910

or you need to do to be ready for what

793

00:32:40,910 --> 00:32:39,060

we do because we trained for a year not

794

00:32:42,770 --> 00:32:40,920

knowing what the events are wouldn't

795

00:32:44,990 --> 00:32:42,780

have to do so you want to be in the best

796

00:32:49,610 --> 00:32:45,000

shape possible and how many hours a day

797

00:32:52,910 --> 00:32:49,620

do you do that a lot I don't know if

798

00:32:59,350 --> 00:32:52,920

there's an exact number but uh it's it's

799

00:33:01,730 --> 00:32:59,360

a little obsessive sometimes whoa yeah

800

00:33:04,400 --> 00:33:01,740

yeah what about you guys Curtis how many

801
00:33:06,500 --> 00:33:04,410
our likes an average training day I'm

802
00:33:09,110 --> 00:33:06,510
assuming its most of the day like a

803
00:33:11,450 --> 00:33:09,120
jolly yeah this is our this is our

804
00:33:15,050 --> 00:33:11,460
full-time job minus the the paying part

805
00:33:17,090 --> 00:33:15,060
i guess but yeah we train on average

806
00:33:18,560 --> 00:33:17,100
probably 5-6 hours a day they're trying

807
00:33:20,440 --> 00:33:18,570
to you know take practice runs in a

808
00:33:23,660 --> 00:33:20,450
bobsled or lifting weights or sprints

809
00:33:24,920 --> 00:33:23,670
and then you know when we're not doing

810
00:33:26,990 --> 00:33:24,930
that you know we're very conscious of

811
00:33:29,180 --> 00:33:27,000
our meals recovery time and that sort of

812
00:33:35,090 --> 00:33:29,190
thing so it's always seems like we're

813
00:33:36,980 --> 00:33:35,100

focused on on bobsleigh the other thing

814

00:33:39,260 --> 00:33:36,990

is I'm good diet you know how do you

815

00:33:41,270 --> 00:33:39,270

guys eat you I know that I kind of had

816

00:33:44,150 --> 00:33:41,280

become a lot more I'm organic and

817

00:33:46,550 --> 00:33:44,160

natural foods in order to kind of up my

818

00:33:48,470 --> 00:33:46,560

game as well you know eating eating out

819

00:33:50,270 --> 00:33:48,480

at different restaurants and eating crap

820

00:33:52,070 --> 00:33:50,280

but you know just doesn't work right you

821

00:33:54,410 --> 00:33:52,080

have to eat really good food so what do

822

00:33:58,010 --> 00:33:54,420

you guys eat um in order to maintain as

823

00:34:02,120 --> 00:33:58,020

well that's a good question for all of

824

00:34:03,830 --> 00:34:02,130

you yeah I'm gonna pass on that my diets

825

00:34:06,590 --> 00:34:03,840

nuts on this

826

00:34:12,829 --> 00:34:06,600

out you told us a little bit yeah yeah I

827

00:34:14,540 --> 00:34:12,839

like food captain Jared really I don't

828

00:34:17,899 --> 00:34:14,550

have a limit to what I can you die there

829

00:34:20,960 --> 00:34:17,909

but I do giant who got it or no carbs

830

00:34:22,760 --> 00:34:20,970

more protein and carbs but you know you

831

00:34:25,970 --> 00:34:22,770

got to have cars and I were playing the

832

00:34:28,149 --> 00:34:25,980

game I played have that energy so no pop

833

00:34:31,460 --> 00:34:28,159

no nothing like that strictly water and

834

00:34:33,079 --> 00:34:31,470

gatorade not that much though but uh you

835

00:34:34,430 --> 00:34:33,089

know like it real said it's you know you

836

00:34:35,540 --> 00:34:34,440

feel a whole lot better you feel like

837

00:34:42,440 --> 00:34:35,550

you have more wind when you're running

838

00:34:45,379 --> 00:34:42,450

when you eat better our diet i think is

839

00:34:47,180 --> 00:34:45,389

a it varies quite a bit from athlete to

840

00:34:49,940 --> 00:34:47,190

athlete we usually try high protein

841

00:34:52,849 --> 00:34:49,950

mostly low fat but at the same time we

842

00:34:54,500 --> 00:34:52,859

don't have a weight limit where we don't

843

00:34:55,970 --> 00:34:54,510

have a max weight limit for each

844

00:34:59,359 --> 00:34:55,980

individual person we have a max weight

845

00:35:01,040 --> 00:34:59,369

limit for us says it team and we want to

846

00:35:03,140 --> 00:35:01,050

be as close to that max as you can so

847

00:35:05,060 --> 00:35:03,150

mass is a good thing so we try to put on

848

00:35:07,790 --> 00:35:05,070

weight sometimes too to keep a heavy

849

00:35:09,560 --> 00:35:07,800

sled as we go down the hill so our diet

850

00:35:14,450 --> 00:35:09,570

can vary based on who our teammates are

851

00:35:16,220 --> 00:35:14,460

sometimes interesting so it's uh you

852

00:35:18,320 --> 00:35:16,230

know kind of interesting for the crew on

853

00:35:20,270 --> 00:35:18,330

orbit you know they've got this food

854

00:35:24,050 --> 00:35:20,280

that sent up sometimes usually months

855

00:35:26,030 --> 00:35:24,060

ahead and you get to select a few i

856

00:35:27,650 --> 00:35:26,040

guess a year ahead you select and then

857

00:35:30,140 --> 00:35:27,660

you can get some bonus special items

858

00:35:33,290 --> 00:35:30,150

sent up from your family a little bit

859

00:35:35,420 --> 00:35:33,300

yeah um but for you guys you I know you

860

00:35:36,320 --> 00:35:35,430

the Olympians have a special I'm

861

00:35:40,370 --> 00:35:36,330

assuming you have your own your

862

00:35:42,230 --> 00:35:40,380

nutritionist and a chef I don't know uh

863

00:35:44,210 --> 00:35:42,240

yeah we do have a dietitians and

864

00:35:46,430 --> 00:35:44,220

nutritionists on staff here and they

865

00:35:48,020 --> 00:35:46,440

helped us out a lot at the same time

866

00:35:50,210 --> 00:35:48,030

there is a free mcdonalds at the Olympic

867

00:35:53,120 --> 00:35:50,220

Village to that we can get splurge on

868

00:35:55,310 --> 00:35:53,130

and get food there too so it's basically

869

00:35:57,109 --> 00:35:55,320

up to us you know we know how our bodies

870

00:35:59,359 --> 00:35:57,119

react and we just have to be smart about

871

00:36:02,570 --> 00:35:59,369

it and experience has taught us how to

872

00:36:09,190 --> 00:36:02,580

eat how to perform well yeah the car to

873

00:36:14,180 --> 00:36:09,200

believe isn't a hundred gotten okay uh

874

00:36:15,410 --> 00:36:14,190

any other question from anybody oh yeah

875

00:36:17,540 --> 00:36:15,420

we were actually wondering on how many

876

00:36:18,920 --> 00:36:17,550

calories an astronaut goes through

877

00:36:21,400 --> 00:36:18,930

all on the International Space Station

878

00:36:24,620 --> 00:36:21,410

per day well I think we're a lot alike

879

00:36:26,120 --> 00:36:24,630

2,700 calories a day but you can eat

880

00:36:28,250 --> 00:36:26,130

more I mean with the snacks that are

881

00:36:31,550 --> 00:36:28,260

sent up in different things so i think

882

00:36:33,710 --> 00:36:31,560

is around 2,700 calories well yeah I

883

00:36:36,020 --> 00:36:33,720

don't know what I thought yeah i think i

884

00:36:37,130 --> 00:36:36,030

think that's that's about right it seems

885

00:36:39,650 --> 00:36:37,140

like that's a common thing i've heard

886

00:36:40,970 --> 00:36:39,660

though about keeping the weight on and i

887

00:36:42,950 --> 00:36:40,980

don't know if it's a combination of

888

00:36:45,050 --> 00:36:42,960

being so busy that they don't eat as

889

00:36:47,540 --> 00:36:45,060

much as well and will work out and yeah

890

00:36:49,250 --> 00:36:47,550

well i'm not sure what why but they're

891

00:36:50,960 --> 00:36:49,260

they're very busy they're working out

892

00:36:52,460 --> 00:36:50,970

all the time it seems like you need a

893

00:36:53,960 --> 00:36:52,470

lot more calories in order to sustain

894

00:36:57,260 --> 00:36:53,970

and then your body's working a little

895

00:36:58,790 --> 00:36:57,270

harder as one mm-hmm gotcha and the

896

00:37:00,470 --> 00:36:58,800

fluid shift probably i was also a

897

00:37:02,750 --> 00:37:00,480

yorkshire getting and you don't

898

00:37:04,430 --> 00:37:02,760

yeah exactly i want so much so you don't

899

00:37:06,710 --> 00:37:04,440

retain as much water as well so you do

900

00:37:09,440 --> 00:37:06,720

get automatically lose that way so

901
00:37:11,300 --> 00:37:09,450
gotcha interesting is there anything

902
00:37:13,490 --> 00:37:11,310
that surprised you guys about seeing um

903
00:37:16,010 --> 00:37:13,500
Mike and Rick on orbit I'm just kind of

904
00:37:19,220 --> 00:37:16,020
curious if any of you are space fans or

905
00:37:21,160 --> 00:37:19,230
had been following or or maybe with our

906
00:37:27,040 --> 00:37:21,170
team at all about a space station I

907
00:37:30,110 --> 00:37:27,050
wasn't expecting polo and khakis yeah

908
00:37:31,670 --> 00:37:30,120
yeah they can they can wear pretty much

909
00:37:33,470 --> 00:37:31,680
anything now they have to choose it in

910
00:37:36,200 --> 00:37:33,480
advance but and it usually has a lot of

911
00:37:38,120 --> 00:37:36,210
velcro on it that's right that's the

912
00:37:40,310 --> 00:37:38,130
trademark of space clothing i think is

913
00:37:42,770 --> 00:37:40,320

no sir I your notebook on your pencils

914

00:37:44,210 --> 00:37:42,780

yeah yes we should have had some food

915

00:37:45,830 --> 00:37:44,220

props because I thought always thought

916

00:37:49,010 --> 00:37:45,840

that's interesting to the food tray is

917

00:37:51,170 --> 00:37:49,020

just velcro yes and the springs I think

918

00:37:53,240 --> 00:37:51,180

to pack stuff in or to tuck things yes

919

00:37:55,250 --> 00:37:53,250

just those straps to play in a bungee

920

00:37:58,360 --> 00:37:55,260

stood yeah should actually make it next

921

00:38:01,640 --> 00:37:58,370

next hangout will have space food too so

922

00:38:06,890 --> 00:38:01,650

but um all right well do one last check

923

00:38:08,150 --> 00:38:06,900

for any social media questions and I'm

924

00:38:09,860 --> 00:38:08,160

hearing then I think everything that we

925

00:38:12,590 --> 00:38:09,870

had was for Mike specific or might know

926

00:38:15,410 --> 00:38:12,600

Rick so um unless you guys have any

927

00:38:21,620 --> 00:38:15,420

others we can wrap it up unless there's

928

00:38:23,960 --> 00:38:21,630

any final questions not even okay well

929

00:38:25,670 --> 00:38:23,970

thank you guys again so much it's it's

930

00:38:27,250 --> 00:38:25,680

really been fun to talk to you all again

931

00:38:29,420 --> 00:38:27,260

especially since we talked with mike

932

00:38:30,870 --> 00:38:29,430

pre-launch and now to get to reconnect

933

00:38:32,849 --> 00:38:30,880

with him on orbit and hopefully

934

00:38:35,549 --> 00:38:32,859

buddy will stay tuned for his landing

935

00:38:37,200 --> 00:38:35,559

and maybe we'll do another one after his

936

00:38:39,150 --> 00:38:37,210

return and really talked to him about

937

00:38:40,740 --> 00:38:39,160

that adjustment because the coverage

938

00:38:42,480 --> 00:38:40,750

pays yeah that's really interesting and

939

00:38:44,700 --> 00:38:42,490

it varies seems to vary to some degree

940

00:38:46,620 --> 00:38:44,710

by crew member of my crew members so but

941

00:38:50,160 --> 00:38:46,630

in the meantime we'll follow all of you

942

00:38:51,839 --> 00:38:50,170

and definitely our bobsled team so thank

943

00:38:54,089 --> 00:38:51,849

you again all of you guys for joining us

944

00:38:57,019 --> 00:38:54,099

and hopefully we'll talk to you again