

Let's Do A Space Workout!



Astronauts work out their leg muscles and their heart at the same time with a space run, so it's time to get the heart pumping as we warm up our muscles!

Jog in place for 15–30 seconds.

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Many astronauts say this is the toughest part of the workout: CEVIS, or the stationary bike! This workout helps improve circulation and keeps the heart fit. **Try 6–10 bicycle crunches.**



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On the ISS, astronauts use the ARED for weight training. Here on Earth, we can use gravity! **Let's start with 5 squats.** Stand with your toes pointing in front of you and bend your knees and lower your hips down and come back up.

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There's more to do on the ARED! **Keep going with 5 standing shoulder presses.** Raise your hands to shoulder height and bend your elbows. Engage your core and press your hands upward until your arms are straight and extended above your head. Slowly release and repeat.



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One more ARED workout—**let's do 6 standing bicep curls.** Relax your arms by your side, keeping your elbows close to your body. Contract your right bicep as you raise your right hand toward your shoulder then return to start. Repeat on both sides!

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GREAT WORKOUT! Let's cool down with some stretches.

Clasp your hands above your head and gently lean your body to one side, then repeat on the other side.

And remember, you can have fun while keeping your body active and healthy!

