In 1964, design and feasibility studies were initiated for missions that could use modified Apollo hardware for a number of possible lunar and Earth-orbital scientific and applications missions. An S-IVB stage of a Saturn V launch vehicle was outfitted completely as a workshop. The Skylab 1 Orbital Workshop with its Apollo Telescope Mount was launched into orbit May 14, 1973. The Skylab 2, 3 and 4 missions, each with three-man crews, proved that humans could live and work in space for extended periods. The Shuttle-Mir Program was a joint effort between 1994-1998 which allowed American and Russian crews to share expertise and knowledge while working together in space. As preparation for the construction of the International Space Station, Shuttle-Mir encompassed 11 space shuttle flights and 7 astronaut residencies on the Russian space station Mir.