

SPRINT AEROBICS

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Mrs. Fregoe's 6th Grade Science Class

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23 students in our class

What is Sprint?

- ❖ “Integrated Resistance and Aerobic Training Study”
- ❖ Aerobic training for Astronauts in space.
- ❖ Sprint helps improves the heart functions.
- ❖ It helps stop bone and muscle loss.

Why they do Sprint?

- ❖ Astronauts who are in space for a long period of time, suffer from muscle weakness.
- ❖ Scientists want to find a way to better protect astronauts against muscle and bone loss.
- ❖ Sprint uses high intensity/low volume exercises training in space
- ❖ Alternating days of high intensity interval training with days of continuous aerobic exercise maintains heart function.

How Long Crew Members Do Sprint For

- ❖ 20 active and 20 control subjects used Sprint every week for three days a week for about two hours a day.
- ❖ They have found three days of high intensity workouts are better than six days of low intensity workouts.

Sprint Equipment

- ❖ The Advanced Resistive Exercise Device (ARED)



Investigators of Sprint

- ❖ Lori Ploutz-Snyder is the principal investigator for the Sprint training
- ❖ Co-Investigators:
 - ❖ Scott W. Trappe
 - ❖ Robert Ploutz-Snyder
 - ❖ Mark Guilliams
 - ❖ David Martin

The
End