SPRINT AEROBICS

By: Liam, Carson, Dalton, Blade, Bryce
Mrs. Fregoe’s 6th Grade Science Class
Madison Elementary School
84 Nightengale Avenue, Massena, NY 13662
315-764-3740 ext 3441
dfregoe@mcs.k12.ny.us
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