



## Integrated Resistance and Aerobic Training Study: Sprint

By Lori Ploutz-Snyder

Bibliogov, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Space flight causes reductions in fitness/health: (1) Cardiovascular -- reduced VO2max, cardiac output (2) Bone -- reduced bone mineral density (3) Muscle -- reduced mass, strength and endurance. Exercise is the primary countermeasure to protect against these changes and was made operational before completely mature. Research continues to identify most effective/efficient exercise programs. Crew medical tests (cardio, muscle, bone) do not yield sufficient information to fine tune the effectiveness of exercise programs, thus there is a need for more detailed testing aimed at identifying the most effective training program. The objective of this program was to obtain detailed information about crew physical fitness pre- and post-flight and evaluate new evidence based exercise prescription with higher intensity, lower duration and frequency.

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