





Astronaut core rehabilitation

Being weightless in space weakens your core muscles because you don't have to use them to support your body. When astronauts come back to Earth, they have to complete an intensive rehabilitation program to strengthen their core. Try out their exercises here!

Monday morning	Sit ups	Lie down with your knees bent. Lift your upper body towards your knees without pulling your neck. Repeat 20 times.	
Monday afternoon	Backwards dips	Sit with your knees bent and feet flat on the floor. Lift your hips off the ground and raise your right leg. Bend your elbows to lower your body down then switch legs. Repeat 20 times.	
Tuesday morning	Hand pumps	Lie down and lift both legs up toward the ceiling. Curl your head up and pump your arms up and down alongside your body. Repeat 30 times.	
Tuesday afternoon	Rolling punches	Stand up straight and put your fists in front of you, at chest height. Make small circles forwards and backwards for 20 seconds. Repeat 3 times.	
Wednesday morning	Plank	Put your forearms on the floor and push your body weight up to make a straight line from your heels to your head. Hold this position for 10 seconds and repeat 3 times.	
Wednesday afternoon	Pendulum	Lie down with your knees bent and your feet off the mat. Let both knees fall to the right, then the left. Keep your lower back on the floor. Repeat 20 times.	
Thursday morning	Leg tucks	Put your hands on the floor, directly under your shoulders. Bend one knee towards your chest at a time. Repeat 20 times.	
Thursday afternoon	High knees	Stand up straight and quickly lift your right knee up to meet your right hand, then do the same with your left knee and left hand. Do this 30 times with a hopping motion.	
Friday morning	Bridge	Lie down with your knees bent and feet flat on the floor. Lift your hips off the ground until your knees, hips, and shoulders form a straight line. Hold this position for 10 seconds and repeat 3 times.	
Friday afternoon	Jumps	Squat to the floor then jump straight up into the air, reaching your arms up. Repeat 30 times.	
Saturday morning	Knee to elbow	Stand up straight with your hands behind your head. Lift your right knee up to your left elbow, then lift your left knee to your right elbow. Repeat 30 times.	
Saturday afternoon	Squats	Stand with your legs shoulder width apart and bend your knees. Keep your back straight and hold this position for 10 seconds. Repeat 3 times.	
Sunday morning	Lunges	Put your right leg forward and bend your knees slowly. Swap legs and repeat 30 times.	
Sunday afternoon	Arm circles	Stand up straight and stretch your arms out to the side. Make circles with your hands for 20 seconds. Repeat 3 times.	