

Asian Try Zero-G 2023 Proposal Form (Attachment-4)

**Category B for exercise**

ID (for office use only)

**1. Applicant Information**

<b>Experiment Title</b>		
<b>Personal information/ (Team Leader)</b>	<b>Name</b>	Hanako Tsukuba
	<b>Nationality</b>	Japan
	<b>Age</b>	14
	<b>Gender (M/F/X)</b>	F
	<b>School</b>	Southern Ibaraki Junior High School
	<b>Major (if applicable)</b>	N/A
	<b>E-mail</b>	xxxxxxxxx@xxxxx

**Member List (if you apply with a group)**

<b>Personal information</b>	<b>Name</b>	Jiro Ibaraki
	<b>Nationality</b>	Japan
	<b>Age</b>	14
	<b>Gender (M/F/X)</b>	M
	<b>School</b>	Southern Ibaraki Junior High School
	<b>Major (if applicable)</b>	N/A
	<b>E-mail</b>	xxxxxxxxx@xxxxx
<b>Personal information</b>	<b>Name</b>	Sakura Ibaraki
	<b>Nationality</b>	Japan
	<b>Age</b>	12
	<b>Gender (M/F/X)</b>	F
	<b>School</b>	Southern Ibaraki Junior High School
	<b>Major (if applicable)</b>	N/A
	<b>E-mail</b>	xxxxxxxxx@xxxxx
<b>Personal information/</b>	<b>Name</b>	
	<b>Nationality</b>	
	<b>Age</b>	
	<b>Gender (M/F/X)</b>	
	<b>School</b>	
	<b>Major (if applicable)</b>	
	<b>E-mail</b>	

**If you have more members, please add the list on the next page.**

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### **Photo**

Please attach your/group photo if you wish to participate in the photo session. The image/picture will be open to the public and broadcast.	
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- I agree to the Terms and Conditions indicated in the Asian Try Zero-G 2022 Entry Guideline
- I am not from the EU and do not live in the EU,
- I reside or am from the EU and agree to GDPR in Entry Guideline (check if applicable)  
\*Check is needed to send proposal, if applicable.

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**2. Explanation of proposed exercise**

2.1. Aim

※Note: The exercise effect cannot be measured

In the International Space Station, astronauts spend often of their time for experiments and research, in other words, I think they are often in a stooped posture.

It will be a burden on the body to move the spine and hips in only one direction, so I propose to stretch spine and lower back.

On the ground, the upper body is bent using gravity while standing, but there is no gravity in space. Therefore, I propose to do it in the form shown in the figure in the next item.

2.2. Exercise illustration/ video

※Show the procedure for moving the body with a diagram or sketch. A video explanation is the best if available.)



Show the URL storing a video for sharing	
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**3. Exercise Equipment**

※ It is available to use common items on orbit, listed in Attachment 1. If you are going to use an item from Attachment 1, please refer to the item number and write it here. In the case of using a new item as exercise equipment, please write the name, size, weight and main material here.

e.g. Rope (diameter: 1cm, lenth: 2m, wight: 200g, material: cotton)

Asian Try Zero-G 2023 Proposal Form (Attachment-4)

**Category B for exercise**

**4. Step by Step Procedures with each expected time**

- Preparation procedures and explanation of action

No	Procedure	Time
1	Preparation	1m
	Make sure there are no obstacles around.	
	Grab the ankle	
2	Bend your body At this time, try to look backward as much as possible so that all the cervical, thoracic and lumbar vertebrae are stretched.	10s
3	Break	10s
	Repeat No 2-3, 3-5 times	
	Total	6 max.