

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

Category B for exercise

ID (for office use only)

1. Applicant Information

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

Member List (if you apply with a group)

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

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)

