The Finnish Astronaut's Pre-Flight Fitness Programme

Strength Session	Vesa Heilala	11.-17.8.2014 (Week 8 of the 1st Period)
Objectives	Location	Time & duration
1. Learn the multi-joint exercises' techniques.; **2.** Develop aerobic strength endurance in major muscle groups	Gym	Afternoon; 1 h 30 min

				ENDURANCE COMPONENT			STRENGTH COMPONENT					
No	Exercise	Equipment(s)	Sets	Durat.	Int/%HRmax	Rec (s)	Sets	REPs	%1RM	Kg	Recovery (s)	Misc
0	Warm Up			10min								
1	Back Squat	Olympic bar + W plates					4	15	45	40	90	
2	Bench Press	Olympic bar + W plates					4	15	45	50	90	
3	Deadlift	Olympic bar + W plates					4	15	45	40	90	
4	Heel raise	Olympic bar + W plates					4	15	45	40	90	
5	Incline Row	Olympic bar + W plates					4	15	45	40	90	
6	Lunge + Rotation	Medicine Ball					3	15		5	90	
7	Lateral Lunge + Rot	Medicine Ball					3	15		5	90	
8	Chin Ups						3	max			90	
9	Isometric core exercise 1						4				90	35 sec
10	Isometric core exercise 2						4	14			90	15 sec
0	Cool Down			5min								