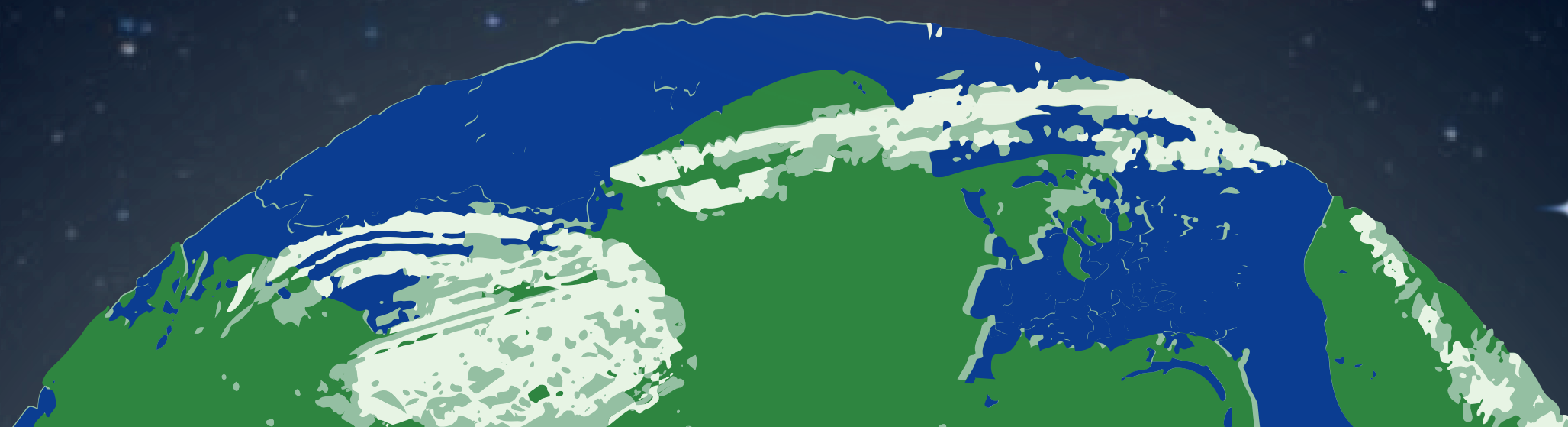
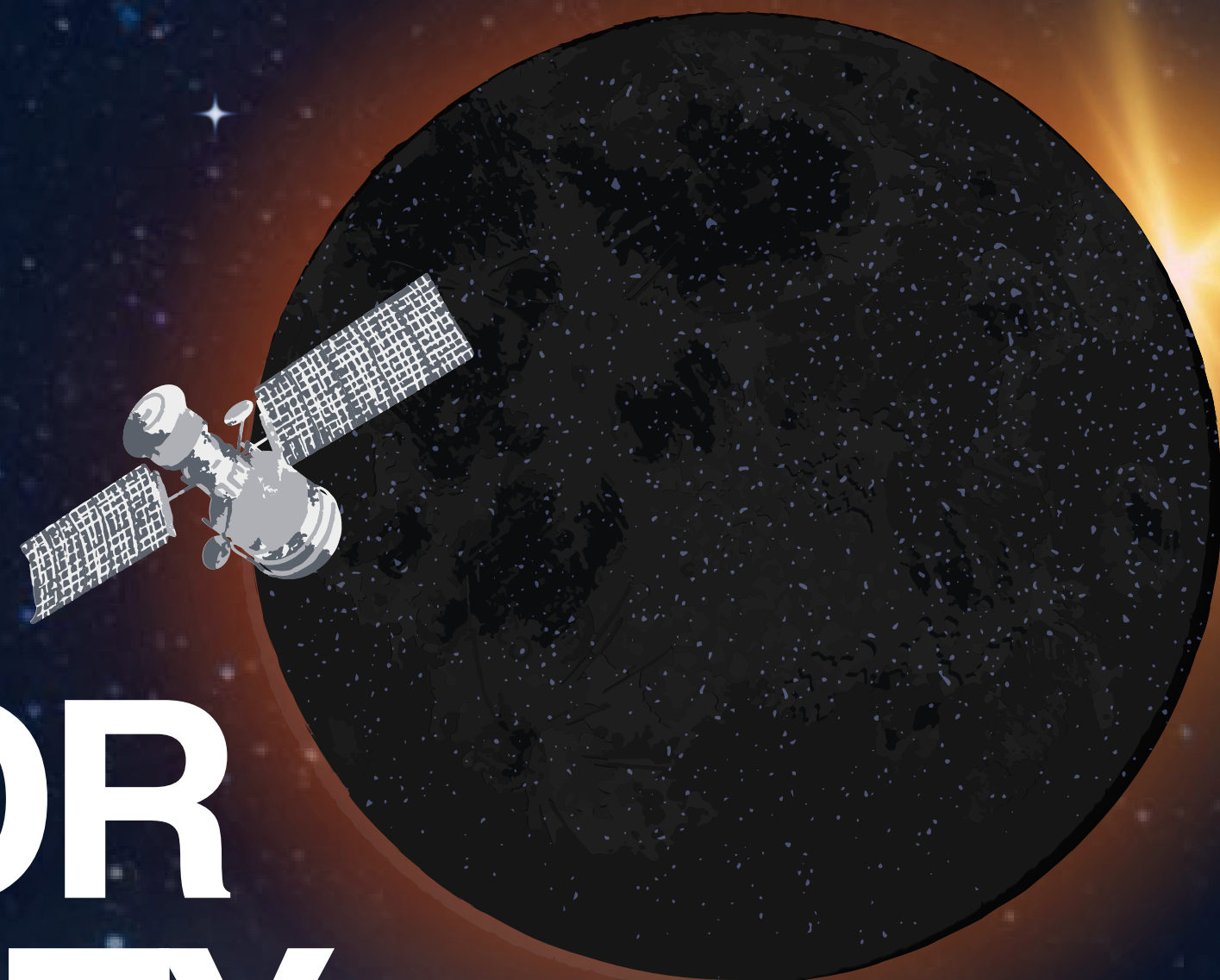




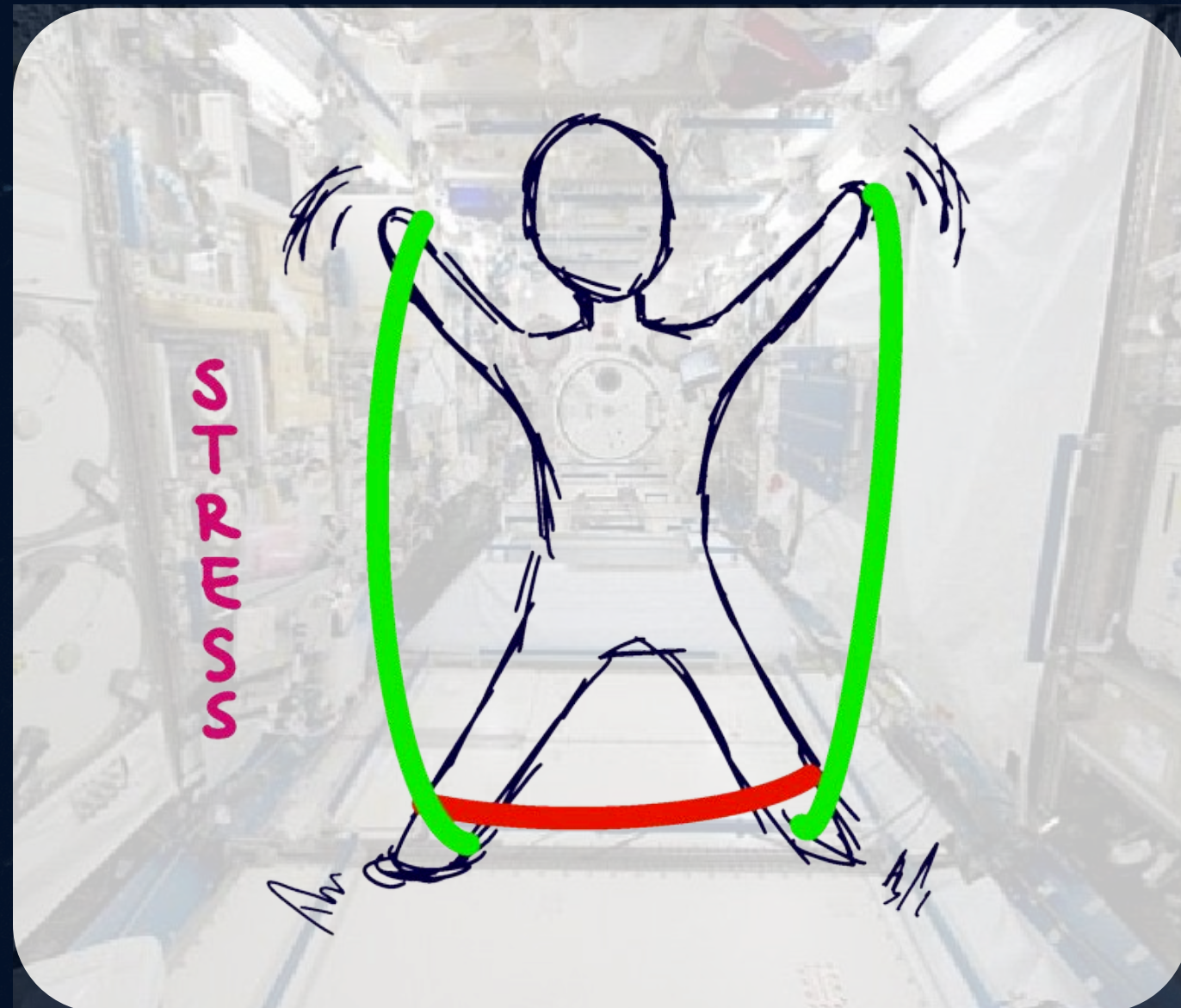
Asian Try Zero-G 2023
Wrap-up session

STARFISH EXERCISE FOR MICROGRAVITY

Presented by
Thailand
Wanwalee Janngam
Buddhima Prakobchat



Expected Movements



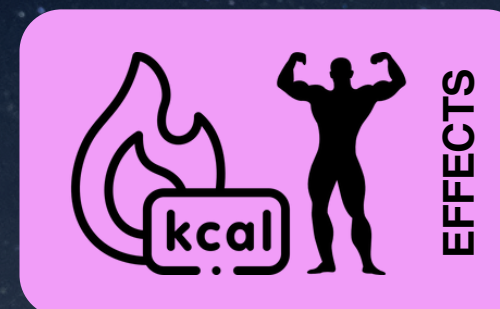
BASED ON THE PROPOSAL
THESE EXERCISE MUST BE TOUGH TO PERFORM



We expected both arm and leg exercises to be performed at the same time.

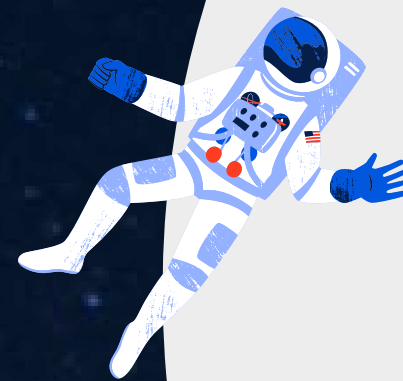


This exercise was decided not to use any handrail or hook.



- Strengthen upper arm and calf muscles
- Toned obliques muscles and strengthen the core muscles

Movements In The Microgravity Environment



Astronaut Satoshi Furukawa mentioned that these exercises are good for triceps, deltoid, and other muscles

Although the movements were different, the effects still meet our expectations.

Expected Future Improvement

Problem encountered

- The elastic band slip up while moving leg resulting in Mr. Satoshi using only tight instead of over all leg muscle

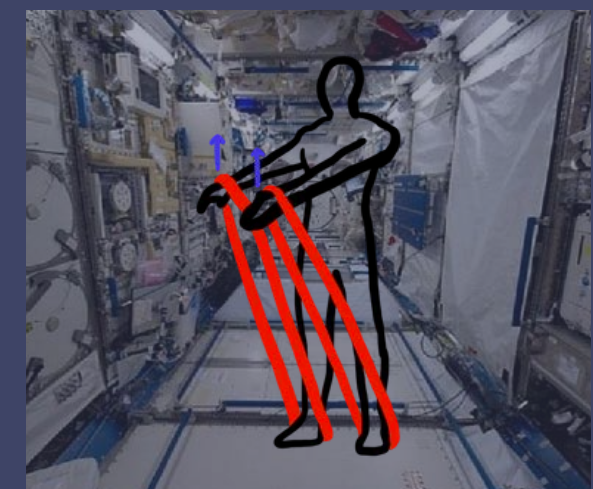
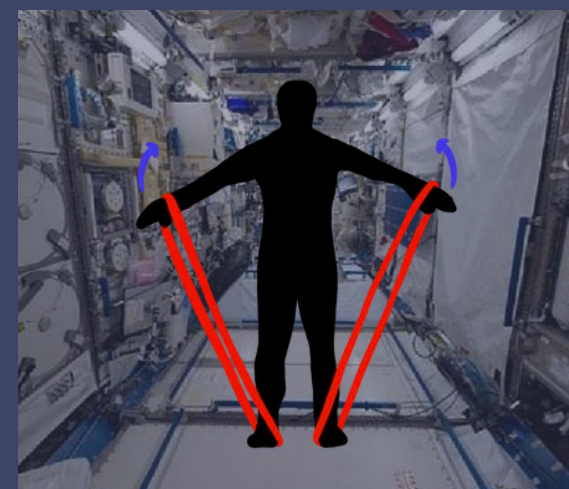
Solution :

- change the form of the elastic band to make better grip to the leg



new movements considering the results.

- Arm exercise in this exercise is based on lateral raise which is focus on shoulder and back arm muscle
- Switch to front raise : effecting more muscle such as chest, Deep upper back muscles, shoulder and more power used



**WE APPRICIATE YOUR TIME AND ATTENTION
DURING OUR PRESENTATION**

**AND WE WELCOME ANY QUESTION OR FEEDBACK
SO LET US KNOW IF YOU HAVE ANY**

