

## Exercise Countermeasures: The First Decade on ISS

### Editorial Board and Acknowledgments

iv

### The First Decade of ISS Exercise: Lessons Learned on Expeditions 1–25

*J. C. Hayes*

A1

### Exercise Countermeasure Hardware Evolution on ISS: The First Decade

*D. W. Korth*

A7

### Physical Training for Long-Duration Spaceflight

*J. A. Loehr, M. E. Williams, N. Peterson, N. Hirsch, S. Iawashima, and H. Oshima*

A14

### Russian Countermeasure Systems for Adverse Effects of Microgravity on Long-Duration ISS Flights

*I. B. Kozlovskaya, Ye. N. Yarmanova, A. D. Yegorov, V. I. Stepantsov, Ye. V. Fomina, and Ye. S. Tomilovskaya*

A24

### Evolution of Russian Microgravity Countermeasures

*Ye. N. Yarmanova, I. B. Kozlovskaya, N. N. Khimoroda, and Ye. V. Fomina*

A32

### Evaluating Bone Loss in ISS Astronauts

*J. D. Sibonga, E. R. Spector, S. L. Johnston, and W. J. Tarver*

A38

### Assessing Sensorimotor Function Following ISS with Computerized Dynamic Posturography

*S. J. Wood, W. H. Paloski, and J. B. Clark*

A45

### Orthostatic Intolerance after ISS and Space Shuttle Missions

*S. M. C. Lee, A. H. Feiveson, S. Stein, M. B. Stenger, and S. H. Platts*

A54

### Isokinetic Strength Changes Following Long-Duration Spaceflight on the ISS

*K. L. English, S. M. C. Lee, J. A. Loehr, R. J. Ploutz-Snyder, and L. L. Ploutz-Snyder*

A68

### The First 10 Years of Aerobic Exercise Responses to Long-Duration ISS Flights

*A. D. Moore, Jr., P. A. Lynn, and A. H. Feiveson*

A78

**Functional Fitness Testing Results Following Long-Duration ISS Missions**

*M. S. Laughlin, M. A. Williams, B. A. Nieschwitz, and D. Hoellen*

A87

**Summary and Future Directions for Exercise Countermeasures on ISS**

*L. H. Loerch*

A92