

Down To Earth: Mission Stellar Health

Design a Piece of Exercise Equipment

Design a piece of exercise equipment using the machines on the International Space Station as inspiration, which can be used indoors by elderly community members when the air quality outside is low. It should be lightweight, mobile, and easy to store. You can only use recycled materials and common household items to build your equipment. Build a prototype of your equipment and demonstrate its use.

What materials will you need to build your equipment?

Sketch your equipment. Be sure to label the parts and materials planned. Provide a scale.

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What muscle group is your equipment designed to strengthen?

How will your equipment benefit the user?

How could someone with a limited range of motion or a disability safely use it?

How is your equipment an improvement on what already exists?