



# Electronics

Whips you into shape



<b>Code</b>	adi-pub-01016
<b>Title</b>	Electronics
<b>Subtitle</b>	Whips you into shape
<b>Name</b>	Popular Mechanics
<b>Author</b>	Unknown
<b>Published on</b>	Tuesday, December 1, 1981
<b>Subject</b>	ACES; APAS; Biomechanics; Exercise Machine; Media; Performance Analysis
<b>URL</b>	<a href="https://arielweb.com/articles/show/adi-pub-01016">https://arielweb.com/articles/show/adi-pub-01016</a>
<b>Date</b>	2013-01-16 15:40:43
<b>Label</b>	Approved
<b>Privacy</b>	Public

## Microprocessor-Coupled Exercise Equipment Revolutionizing Fitness Industry

The fitness industry is buzzing with the advent of microprocessor-coupled exercise equipment, with the Wilson/Ariel 4000 leading the pack. Developed by computer biomechanics specialist Dr. Gideon Ariel and marketed by Wilson Sporting Goods, this machine uses hydraulic resistance adjustable by a microprocessor. Users input their personal physical data via a diskette, and the machine tracks weight changes, suggests exercises, and provides performance feedback based on age, sex, and size norms. Currently marketed to institutions like hotel chains and health spas at \$75,000 per unit, the company plans to develop home units priced around \$5,000 within two years.

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Below find a reprint of the 2 relevant pages of the article "Electronics" in "Popular Mechanics":

DECEMBER 1981 \$1.50

# Popular Mechanics



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1,000,000-MILE DRIVE REPORT

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12 COMPLETE PLANS

9 Yule decorations you can make  
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## Electronics

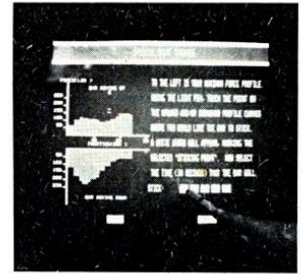
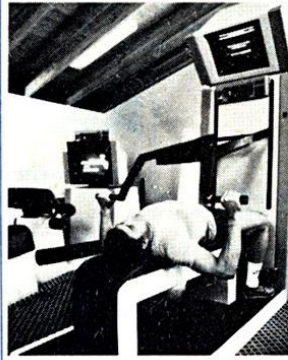
### Whips you into shape

The big talk among physiologists, coaches and fitness buffs is the coming revolution in microprocessor-coupled exercise equipment. Most elaborate harbinger of the new generation of sweat-inducing apparatus is the Wilson/Ariel 4000, an exercise machine developed by computer-biomechanics specialist Dr. Gideon Ariel. It's now being readied for marketing by Wilson Sporting Goods, Chicago.

The machine is based on hydraulic resistance, which can be adjusted to

individual programs by the microprocessor. A user inserts his personal, lifetime diskette containing basic physical data. The computer reads it, tells you how much weight you've lost or gained and asks you what type of exercise you want to begin with. Along the way, it tells you how you're doing compared with past performances and norms for your age, sex, size and so on.

As of now, the prototype is being demonstrated for institutions—hotel chains, health spas. At \$75,000 per unit, not too many of us will be snapping them up. But the company says it hopes to evolve home units, possibly in the \$5,000 range, within two years.



Wilson/Ariel exercise machine uses a microprocessor to set hydraulic resistance for exercises. Then it gives user a readout on performance compared to age-adjusted norms and previous efforts.