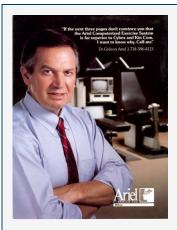


Ariel Dynamics Inc. Media Library - Article

## **Ariel Dynamics Brochure with Wilson**

If the next three pages don't convince you that the Ariel Computerized Exercise System is far superior to Cybex and Kin Com, I want to know why.



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Title Ariel Dynamics Brochure with Wilson

**Subtitle** If the next three pages don't convince you that the Ariel

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# Ariel Computerized Exercise System: A New Era in Physical Rehabilitation and Conditioning

The Ariel Computerized Exercise System (CES), developed by Dr. Gideon Ariel, is a revolutionary tool in physical rehabilitation, research, and conditioning. It is the only system that automatically monitors, controls, and modifies resistance and velocity during exercise, adjusting to each individual's unique capabilities or limitations.

## **Key Features**

The Ariel CES provides extensive measurements of movement, strength, and endurance, and stores this data for future comparison and analysis. It is referred to as the "Intelligent System" as it senses and responds to an individual's performance in real time, providing immediate visual and audio feedback.

The system offers flexibility in use and function, allowing for isotonic, isokinetic, or isometric exercise, or any combination of these. It can control and measure velocity, resistance, power, work output, fatigue level, and duration of exercise.

## Company Background

Ariel Dynamics, Inc., founded in 1968 by Dr. Gideon Ariel, has been a leader in biomechanics research and development for 18 years. Dr. Ariel holds a Ph.D in Exercise and Computer Science and has served as a consultant to leading companies including IBM and NASA.

In 1985, Wilson Sporting Goods Co. entered into a licensing agreement with Ariel Dynamics, Inc., providing marketing, financial, manufacturing quality assurance, and consulting support.

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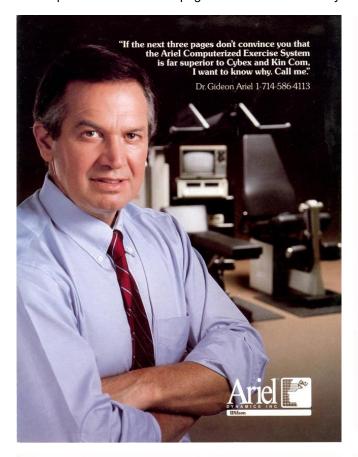
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#### Below find a reprint of the 4 relevant pages of the article "Ariel Dynamics Brochure with Wilson" in "Ariel Dynamics Inc.-Wilson":



The Ariel Computerized Exercise System (CES), invented by Dr. Gideon Ariel, heralds a new era in physical rehabilitation, research, and conditioning. Ariel CES is the only system available that automatically monitors, controls, and modifies resistance and eelocity while the person is exercising. It does this safely and efficiently, constantly adjusting itself to accommodate each person's unique capabilities or limitations. Ariel CES also provides extensive and accurate measurements of movement, strength, and endurance with the capability for storage and subsequent comparison and analysis of the individual's performance.

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Ariel CES	1000	1000	

#### The Intelligent System

That's why we call it the "Intelligent System" for rehabilitation and fitness. Ariel CES senses and responds directly to an individual's performance in real time. In other words, the computer is able to control your movement and adjusts to your fortuitability and control your movement and adjusts to your fortuitability and control your movement. effort while you exercise. Not only does the Ariel CES sense and respond to specific motions, it also interacts with the individual, provid-

interacts with the individual, providing immediate visual and audio feedback during exercise.

At the heart of Ariel CES's "intelligence" is a state of the art microcomputer system. The computer and its unique software assume the responsibility for controlling the precise force level, speed of movement, and temporal sequence to achieve a specific pattern of exercise. Unlike other systems. Ariel CES has the ability to adjust and modify its assignment throughout the entire exercise session.



The "user-friendly" screen in-structions permit anyone to operate the system, even individuals who have never used a computer.



## Flexibility of Use and

Flexibility of Use and Function

Key to the Ariel Computerized Exercise System is the flexibility is offers Isotonic Isokinetic, or isomettic exercise, or any combination of these exercise modes can be performed. In addition, the Ariel CES can control and measure velocity, resistance, power, work output, ladigue level, duration of exercise, or combinations of all fue.

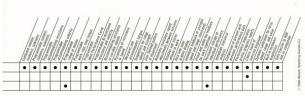
Another major value of the Ariel CES is components: CES is its ability to run manual and pre-programmed sequences of exercises as well as customized individual exercise sequences. A physical therapist can follow prescribed testing or training protocols for patients or can

create and program unique proce-dures for specifically desired routines. In fact, Ariel Computerized Exercise System encourages innova-tion and creativity. . because the Ariel CES can adjust the speed or the resistance of an exercise throughout its range of motion. . because the Ariel CES allows the application of an isometric contraction at a selected coint within a movement. In because point within a movement...because the Ariel CES response can be con trolled throughout the entire range of motion...the possibilities are



The Ariel CES is comprised of these

The Multi-Function Exercise Station The Arm, Leg. Back Exercise Station The Computer Console





- Accommodate resistance until the individual reaches a pre-scribed level of fatigue during endurance training
- Display performance goal target as an incentive during exercise
   Store and retrieve performance data
- Compare current and previous performance data in color graph, chart or tabular form
- Generate performance profile of average and maximum exercise results for each repetition and for both up and down directions
- both up and cown directions illustrate in graphic format the force, work, power, and fatigue in relation to time, bar position, and lifting pace

   Calibrate dynamically force and velocity through the entire range of motion and verify results

## What the CES Can Do

For the operator the Ariel Com-puterized Exercise System performs many critical functions, including the ability to:

- Rehabilitate and condition
- Measure and diagnose
   Record and evaluate results
   Control and monitor velocity in each direction independently
- Control and monitor resistance in each direction independently
- Program the pyramiding of re-sistance or speed in each direction
- Program the range of motion in each direction

ore information about the Ariel CES, fill in your name and phone number and mail in this card or to sign up for our next conference, call: 1-714-586-4113 Dr. Gideon Ariel / Ariel Dynamics, Inc. 1-312-456-6100 Mr. David Lumley / Wilson Sporting Goods Co. 2233 West Street. River Grove, IL 60171

#### Ariel Dynamics, Inc.

Ariel Dynamics, Inc. was founded in 1968 by Dr. Gideon Ariel, tounded in 1968 by Dr. Gideon Anel, a world renowned authority in bio-mechanics. He has been the driving force behind 18 years of research and development leading to the Ariel CES.

Ariel CES.
Ariel Completed his graduate and post-doctoral work at the University of Massachusetts. He holds a Ph.D in Exercise and Computer Science, has published many scientific papers, holds patents on several devices, founded and chaired the Biomechanics Committee of the U.S. Olympic Committee, and has served as consultant to many of the country's leading companies and organizations including IBM and NASA.

## Wilson Sporting Goods Co.

**BUSINESS REPLY MAIL** 

Ariel Dynamics, Inc.

22000 Plano Trabuco Road

Trabuco Canyon, CA 92679

Goods Co.

Wilson Sporting Goods Co. is a worldwide leader in the manufacture of equipment for golf, racket sports and team sports.

In 1985, as an extension of their involvement in athletic performance. Wilson entered into a licensing agreement with Ariel Dynamics, Inc. Wilson provides marketing, financial, annufacturing (quality assurance and consulting support. Ariel Dynamics, licen manufactures, sells, and services the Ariel Computerized Exercise System worldwide while continuing the development of new features and models.





