



Ariel Dynamics Inc. Media Library - Video

NEWSE7EN



Code	adi-vid-01002
Title	NEWSE7EN
Subtitle	The Age of High Technology
Description	High Technology
Subject	Exercise Machine
Duration	00:01:42
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Synopsis

A new high-tech exercise machine, the Ariel 4000, has been developed by Massachusetts doctor, Dr. Gideon Ariel. The machine, which is used by both the New England Patriots and the Dallas Cowboys, combines high-tech video with physical strength. Unlike traditional exercise machines, the Ariel 4000 adjusts to the strengths, weaknesses, and endurance of the individual user. The machine then uses this information to develop a personalized training program. Despite its benefits, the Ariel 4000 is expensive, costing around \$25,000 each.

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Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	Rising is now entering the world of high technology, thanks to a new kind of computer-controlled exercising machine.
	1.	00:00:06	It's invented by a Massachusetts doctor and New Seventh Janice Flynn reports on it.
	2.	00:00:11	What do the New England Patriots and the Dallas Cowboys have in common?
	3.	00:00:15	Both teams now work out with the Ariel 4,000 computer.
	4.	00:00:18	It's an exercise machine that developer Dr. Gideon Ariel describes as the marriage between high-tech video and sheer brute strength.
	5.	00:00:26	For the first time, we tried to combine an intelligent with their fitness. We tried to marry Sean to Rocky.
	6.	00:00:33	In other words, when you work on other exercise machines, you usually try to defy gravity. You have weights going up and down.
	7.	00:00:38	But the machine doesn't think for you.
	8.	00:00:40	The machine is a hit with athletes because it adjusts to the strengths, weaknesses, and endurance of the individual using it, even a non-athlete like me.
	9.	00:00:49	But the machines are hot. She's getting a little bit quicker.
	10.	00:00:52	She's getting very weak.
	11.	00:00:55	Not exactly a pillar of strength. The machine will take this information, though, and develop a program of proper training.
	12.	00:01:02	Dr. Ariel sees his exercise machine as the wave of the future.
	13.	00:01:06	When everything has to go into the computer age, and this is another step in the, I hope, in the right direction.

Frame	#	Time	Spoken text
	14.	00:01:12	<i>But this fledgling athlete, at least, still has to find that direction.</i>
	15.	00:01:15	<i>You're not going to be a shot put over this story, but you probably would be a fantastic buy-in player.</i>
	16.	00:01:21	<i>At the Fitness Directors Convention at Andover, Janice Glynn, News 7.</i>
	17.	00:01:25	<i>And Janice tells us those new exercise machines don't come cheap. Each one costs about \$25,000 apiece.</i>
	18.	00:01:32	<i>All right, we'll be back with more news 7, right after this print.</i>

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