



Ariel Dynamics Inc. Media Library - Video

ACES



Code	adi-vid-01004
Title	ACES
Subtitle	Ariel Computerized Exercise System
Description	The Ariel Computerized Exercise System: complete versatility.
Subject	ACES;Exercise Machine;Favorite
Duration	00:07:32
URL	https://arielweb.com/videos/play/adi-vid-01004
Date	2003-10-18 22:57:08
Label	Approved
Privacy	Public

Ariel Life Systems

Ariel Life Systems, led by Dr. Gideon Ariel, the father of Biomechanics, is a company dedicated to serving its customers with high-quality exercise systems. The company operates from a 15,000 square foot factory in San Diego, ensuring the quality and longevity of the Ariel systems.

Computerized Exercise System (CES)

The company's 20 years of research has led to the development of the Computerized Exercise System (CES). The CES is a versatile and accessible exercise system that works bi-directionally, allowing for maximum workout from each exercise. It can independently program resistance and velocity in each direction and is equipped to perform exercises bilaterally and unilaterally.

The CES can be programmed for any combination of isotonic, isokinetic, isometric, or variable loads in speeds. It is capable of performing over 50 exercises including bench press, shoulder press, bicep curls, tricep extensions, squats, deadlifts, and many more.

Interactive Capability

The CES has an interactive capability that allows the patient to operate the system unsupervised. It can automatically draw up a workout plan based on the patient's specific needs. The system uses tones to indicate when the patient should set the range of the exercise and when they have reached full extension or flexion for that exercise.

Clear Cut Analysis

The CES displays all data in highly organized graphic form as well as in numerical tables. It can integrate any EMG data in real time, with all other data given by the CES. This data can be broken down for detailed analysis.

Safety

The CES ensures the patient's safety with its interactive capability. It can always keep the patient below the danger threshold. The CES is the only system that has the ability to evaluate and adjust to the patient during the exercise.







Market Reach


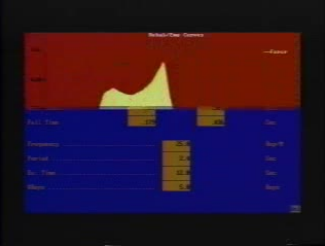
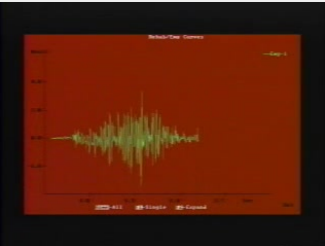

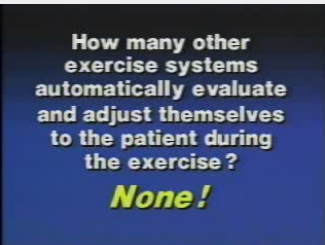


The CES allows the therapist to enter the markets of diagnosis, rehabilitation, fitness, work hardening, sports medicine, human performance, forensic liability, cardiac rehabilitation, research, and worker's compensation. It is touted as the exercise system of the 21st century.

Model Id: gpt-4-0613

Created on: 2023-09-19 00:05:05

Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	<i>Ariel Life Systems, the company designed to serve you in the years to come.</i>
	1.	00:00:13	<i>Under the direction of Dr. Gideon Ariel, the father of Biomechanics, Ariel Life Systems</i>
	2.	00:00:18	<i>will serve you as long as you own your Ariel system.</i>
	3.	00:00:22	<i>This 15,000 square foot factory in San Diego, complete with a full-time staff, ensures the</i>
	4.	00:00:28	<i>quality and longevity of the Ariel systems.</i>
	5.	00:00:33	<i>The more than 20 years of research at Ariel Life Systems has resulted in the development</i>
	6.	00:00:37	<i>of the computerized exercise system, or CES, consists of the arm, leg, and the multifunction.</i>
	7.	00:00:47	<i>What makes the CES different from other exercise systems?</i>
	8.	00:00:54	<i>Accessibility, the versatile design of the CES, allows it to work bi-directionally.</i>
	9.	00:01:01	<i>The CES can independently program resistance and velocity in each direction to get the</i>
	10.	00:01:06	<i>maximum workout from each exercise.</i>
	11.	00:01:11	<i>Bilateral and unilateral capability.</i>
	12.	00:01:14	<i>The CES is equipped to perform any exercise bilaterally and unilaterally should isolation</i>
	13.	00:01:20	<i>of one side become necessary.</i>
	14.	00:01:29	<i>Adjustable speed and resistance.</i>
	15.	00:01:33	<i>The CES can be programmed for any combination of isotonic, isokinetic, isometric, or variable</i>
	16.	00:01:40	<i>loads in speeds.</i>
	17.	00:01:42	<i>These combinations can also be programmed independently in each direction of the exercise.</i>
	18.	00:01:50	<i>Capable, with the CES over 50 exercises are possible, including the bench press and</i>
	19.	00:01:59	<i>pull, the shoulder press and pull, bicep curls and tricep extensions, standing curls and</i>
	20.	00:02:14	<i>tricep extensions.</i>
	21.	00:02:19	<i>The squat, the deadlift exercise, the shoulder shrug, the standing press and pull, the straight</i>
	22.	00:02:42	<i>arm pull, the lateral pull, sit ups, oblique sit ups, the toe press, the inverted leg</i>
	23.	00:03:11	<i>press, leg extension and leg flexion, seated arm press and pull, abdominal flexion and</i>
	24.	00:03:32	<i>back extension.</i>
	25.	00:03:40	<i>Arm extension and flexion, ankle dorsiflexion and extension, shoulder rotation and the shoulder</i>
	26.	00:03:58	<i>press and pull, cost effective productivity.</i>
	27.	00:04:07	<i>The interactive capability of the CES allows the patient to operate the CES unsupervised,</i>
	28.	00:04:15	<i>the patient need only enter their name and an entire workout can be drawn up automatically,</i>
	29.	00:04:20	<i>complete with all the specific needs of the patient programmed into that workout.</i>
	30.	00:04:25	<i>Tones indicate when the patient should set the range of the exercise, and tones also</i>
	31.	00:04:30	<i>indicate when the patient has reached full extension or flexion for that exercise.</i>
	32.	00:04:37	<i>By the mirror pushing of the bar, screens can be displayed that will show the patient</i>
	33.	00:04:42	<i>whatever information the therapist wishes the patient to see.</i>

Frame	#	Time	Spoken text
	34.	00:04:46	A push of the bar also continues the patient to the next exercise.
	35.	00:04:52	The display of average curves and force curves serve as highly motivational benchmarks for
	36.	00:04:58	the patient to gauge their progress during the workout.
	37.	00:05:02	These graphs can automatically combine the results from the previous workout to the present
	38.	00:05:08	workout for automatic comparison.
	39.	00:05:12	Clear Cut Analysis The CES displays all data in highly organized graphic
	40.	00:05:20	form as well as in numerical tables.
	41.	00:05:23	These graphs and tables can be printed to make a hard copy for detail, study and patient
	42.	00:05:28	convenience.
	43.	00:05:31	The CES can also integrate any EMG data in real time, with all other data given by the
	44.	00:05:37	CES.
	45.	00:05:39	This data can be broken down for detailed analysis.
	46.	00:05:42	Raw EMG signal can also be rectified for proper study.
	47.	00:05:50	Interactive Closed Loop Biofeedback The CES senses and automatically adjusts itself
	48.	00:05:57	16,000 times per second.
	49.	00:06:01	At every point in the exercise, micro sensors attached to the system communicate to the
	50.	00:06:06	computer, which in turn sends a message back to the system, allowing the patient to
	51.	00:06:12	exercise
	52.	00:06:18	right at the maximum level for that point in the exercise.
	53.	00:06:23	How many other systems evaluate and adjust themselves to the patient during the
	54.	00:06:24	exercise?
	55.	00:06:26	None.
	56.	00:06:33	That's right.
	57.	00:06:37	The CES is the only system that has the ability to evaluate and adjust to the patient
	58.	00:06:43	during
	59.	00:06:46	the exercise.
	60.	00:06:51	Safety The patient's safety is always ensured with
	61.	00:06:54	the interactive capability of the CES.
	62.	00:07:03	The immediate response capability of the CES can always keep the patient below the
	63.	00:07:14	danger
	60.	00:06:51	threshold.
	61.	00:06:54	The many features of the CES allow the therapist to enter the markets of diagnosis,
	62.	00:07:03	rehabilitation,
	63.	00:07:14	fitness, work hardening, sports medicine, human performance, forensic liability, cardiac
	63.	00:07:14	rehabilitation, research, and worker's compensation.

Frame	#	Time	Spoken text
	64.	00:07:20	The CES, the exercise system of the 21st century.

This PDF-document has been auto-generated from a video file by arielweb-ai-bot v1.2.2023.0926 on 2023-09-28 03:47:09 without human intervention. In case of errors or omissions please contact our aibot directly at ai@macrospport.com.

Video filename: **adi-vid-01004-aces-256kbps.mp4**

Copyright Disclaimer

The content and materials provided in this document are protected by copyright laws. All rights are reserved by Ariel Dynamics Inc. Users are prohibited from copying, reproducing, distributing, or modifying any part of this content without prior written permission from Ariel Dynamics Inc. Unauthorized use or reproduction of any materials may result in legal action.

Disclaimer of Liability

While every effort has been made to ensure the accuracy of the information presented on this website/document, Ariel Dynamics Inc. makes no warranties or representations regarding the completeness, accuracy, or suitability of the information. The content is provided "as is" and without warranty of any kind, either expressed or implied. Ariel Dynamics Inc. shall not be liable for any errors or omissions in the content or for any actions taken in reliance thereon. Ariel Dynamics Inc. disclaims all responsibility for any loss, injury, claim, liability, or damage of any kind resulting from, arising out of, or in any way related to the use or reliance on the content provided herein.