



# Ariel Dynamics Inc. Media Library - Video

## Revolution



<b>Code</b>	adi-vid-01026
<b>Title</b>	Revolution
<b>Subtitle</b>	Computer Revolution - Back to the Basics
<b>Description</b>	The computer revolution is taking us back to the basics. You do the sweating, it does the thinking.
<b>Subject</b>	Exercise Machine
<b>Duration</b>	00:02:25
<b>URL</b>	<a href="https://arielweb.com/videos/play/adi-vid-01026">https://arielweb.com/videos/play/adi-vid-01026</a>
<b>Date</b>	2013-01-16 15:40:37
<b>Label</b>	Approved
<b>Privacy</b>	Public

## Synopsis

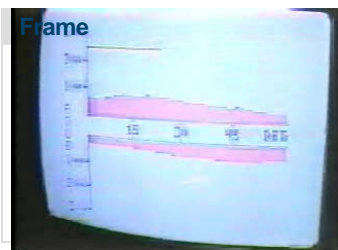
The computer revolution is changing the way we work and exercise. CNN's Tom Hendrick reports on a new intelligent machine that monitors your effort, adjusts weight, and tracks calories and heart rate during workouts. The machine provides feedback and adjusts to the user's ability, making it feel like a partner during workouts. It is expected to be used in health clubs and rehabilitation centers. The machine is said to provide 10 times faster results than any other machine, with eight minutes on it equating to an hour and a half on normal weight machines. The machine costs \$40,000.

Model Id: gpt-4-0613  
Created on: 2023-09-19 00:23:04  
Processing time: 00:00:08.0120000  
Total tokens: 678

## Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	One aspect of the Industrial Revolution a century ago was that
	1.	00:00:04	pulled into thinking and machines the working, but now the computer revolution is taking us back to the basics.
	2.	00:00:10	We work, it thinks.
	3.	00:00:12	CNN's Tom Hendrick has the story.
	4.	00:00:15	Okay, buy the numbers now.
	5.	00:00:19	While you do the sweating, it does the thinking.
	6.	00:00:24	Sensing your effort, adding or subtracting weight as you go, monitoring calories and heart rate and whatnot.
	7.	00:00:32	You just keep on pushing.
	8.	00:00:36	I can see exactly what I'm doing.
	9.	00:00:38	And when I start to dog it, when I start to do less than I'm capable, I'm going to land you with myself.
	10.	00:00:42	I find it a healthy competition that drives me to work a little bit harder within the range of my ability,

Frame	#	Time	Spoken text
	11.	00:00:46	not trying to meet up with anybody else who's standing.
	12.	00:00:48	And it's a lot of fun, it's like playing a video game with the kids playing quite frankly I can.
	13.	00:00:52	Easier than Pac-Man on the brain.
	14.	00:00:54	On the brown, however, it's a different story.
	15.	00:00:56	You can even watch TV while you work out because in a moment it'll all be on a printout.
	16.	00:01:04	Here you have an intelligent machine that says that if you cannot do enough or you don't do enough to stimulate you
	17.	00:01:10	and make you do what you're supposed to do.
	18.	00:01:12	So obviously you get more benefit from cardiovascular point of view and some strength point of view.
	19.	00:01:16	So I would say that the proportion is about 10 to 1.
	20.	00:01:19	I think you will make an achievement here about 10 times faster than any other machine.
	21.	00:01:23	And all the way down.
	22.	00:01:24	Push it, push it, push it, push it.
	23.	00:01:25	According to the doctor's prescription, eight minutes on this equals an hour and a half on normal weight machines.
	24.	00:01:32	Health clubs and rehabilitation centers are expected to use it most.
	25.	00:01:36	Okay, a little bit harder. That's a lot more proficient.
	26.	00:01:39	Okay, now this is...
	27.	00:01:41	And because it can adjust to me, I don't mind doing anything.
	28.	00:01:45	I get the feedback so it's kind of fun.
	29.	00:01:47	It's like having somebody else there with you while you're going to be entertained.
	30.	00:01:51	It's like a partner.
	31.	00:01:52	So take your partner.
	32.	00:01:53	There are 500 different dances to go through and it leads every single one.
	33.	00:01:58	But no losses, thank you.
	34.	00:02:00	Did you have as much fun as it looked like you were having?
	35.	00:02:02	Awesome.
	36.	00:02:03	That's really good.
	37.	00:02:05	Oh, I guess the rest of it.
	38.	00:02:07	Yes, every moment is breathtaking.
	39.	00:02:09	And for 40,000 bucks, it's all yours.
	40.	00:02:13	Tom Hendrix, CNN, New York.
	41.	00:02:15	News from Madison is brought to you by Bristol Myers.



#	Time	Spoken text
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Video filename: **adi-vid-01026-revolution-256kbps.mp4**

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