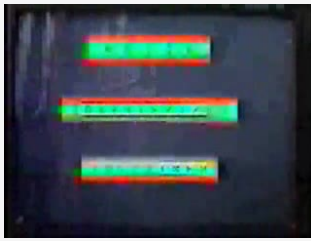




Ariel Dynamics Inc. Media Library - Video

Physical Fitness



Code	adi-vid-01032
Title	Physical Fitness
Subtitle	Presidential Council of Physical Fitness
Description	...
Subject	Exercise Machine
Duration	00:03:18
URL	https://arielweb.com/videos/play/adi-vid-01032
Date	2003-11-08 11:29:43
Label	Approved
Privacy	Public

Synopsis



The video describes a process of testing a person's physical strength using a computerized system. The subject, George, has his physical profile stored on a floppy disk. The system allows for various exercises to be selected, such as bench press, sitting press, and curb. The user can control the speed or resistance of the exercise, and can also set specific goals for the workout.

During the exercise, the system provides real-time feedback on the force exerted by George. It also tracks the maximum and average force, as well as the number of repetitions. The system identifies areas of imbalance in George's strength, indicating areas for improvement. The process is designed to help individuals like George improve their physical fitness and strength in a targeted and efficient manner.

Model Id: gpt-4-0613
Created on: 2023-09-19 00:46:18
Processing time: 00:00:11.1170000
Total tokens: 939

Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	Get in. We got George in place. We got you in place in a friendly computer. Let's see
	1.	00:00:10	how strong Georges are. Show me how this works. Well, basically I have George, all his profile
	2.	00:00:16	for the last six months that he'd be the next size on this machine on this little floppy disk.
	3.	00:00:20	That's what it boils down to is that all there is. And he can live with that the rest of his life.
	4.	00:00:24	Maybe it's children after he's gone, always. We'll have to give it to check how strong
	5.	00:00:28	George I knew. You insert actually the floppy disk in here and everything is going on from there.
	6.	00:00:35	However, I'll put it in a manual mode so we'll be able to go step by step. So I just push here
	7.	00:00:40	one key and the computer will tell me that he has no diskette in this case because I'm on a manual
	8.	00:00:45	mode. And then the computer will ask me which exercise you want to do. You can have a lot of
	9.	00:00:50	exercises here. Like on this machine, which is one of many, you can do bench press and you can do
	10.	00:00:55	sitting press and you can do curb. Well, let's start with which exercise George. Sitting press, sure.
	11.	00:01:02	Okay, so if I select the sitting press, which is number two, you will see the computer will

Frame	#	Time	Spoken text
	12.	00:01:06	ask me, well, how you want to exercise to control the speed or the velocity, which is very important
	13.	00:01:12	for architects because you want them to accelerate or to control the resistance, which is also very
	14.	00:01:17	important. Maybe I want to put here 200 pounds and here 150 and here I can put anything that I want.
	15.	00:01:22	We can't do them both at the same time. Oh, I can. Also, it will interact with each other.
	16.	00:01:26	Oh, I can assign him amount of work, foot pounds. Let's say if you want to do an aerobic type of
	17.	00:01:31	exercise or endurance type of exercise, I can simulate the mountain running on there. Well,
	18.	00:01:36	he will never sustain there. Oh, I can run a fatigue exercise. Well, let's select first the
	19.	00:01:41	viable velocity, which is number one and the computer will ask me, well, at what velocity?
	20.	00:01:46	Well, I can start at 25 degrees per second, going to 15 degrees per second and then I'll give him
	21.	00:01:51	six repetitions and his range of motion 16. Well, ready, George? Put it in a comfortable position.
	22.	00:01:57	I'll put here B for begin and it will take about four seconds for everything to initialize here.
	23.	00:02:04	When you hear the tone, you'll hear it in a second. Go as hard as you can. Go, George. All the way.
	24.	00:02:09	Just 87 pounds. Now you did 150 pounds. Keep going. 189 pounds.
	25.	00:02:16	That's cumulative. No, it's not a cumulative. Each one, but the work is a cumulative.
	26.	00:02:22	Okay. Here's another one. Okay. That's the last one. Okay. Let's not move the blue one is the
	27.	00:02:28	average force. The red one is the maximum force. So he kept the maximum relatively constant,
	28.	00:02:33	but the blue one, he was the strongest in the third repetition. He started fatiguing a little
	29.	00:02:38	bit. He was pretty even though for five seconds. Pretty even. Yes, pretty even. Now, if we look
	30.	00:02:42	on the fourth curve, we see strong in the beginning. That's when the arms here and weaker in the
	31.	00:02:48	sticking point, which is the mid range, and it's strong again in the end. So he's a little bit
	32.	00:02:53	imbalanced here. Let's say that I want to make him strong where he is weak.
	33.	00:02:56	That was in such a good shape.

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Video filename: **adi-vid-01032-physical-fitness-256kbps.mp4**

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