



# Ariel Dynamics Inc. Media Library - Video

## ESPN Exercise



<b>Code</b>	adi-vid-01070
<b>Title</b>	ESPN Exercise
<b>Subtitle</b>	Introduction of the new Machine
<b>Description</b>	Introduction of the first Computerized Exercise Equipment in the World
<b>Subject</b>	ACES;Exercise Machine
<b>Duration</b>	00:03:16
<b>URL</b>	<a href="https://arielweb.com/videos/play/adi-vid-01070">https://arielweb.com/videos/play/adi-vid-01070</a>
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<b>Privacy</b>	Public

## Synopsis

The video discusses the evolution of exercise equipment, comparing old machines that rely solely on gravity to modern, computerized machines. The old machines lack intelligence and are biomechanically inefficient, making certain exercises harder due to mechanical reasons. The speaker demonstrates this by attempting to lift weights at different poundages, explaining how the difficulty varies throughout the lift.

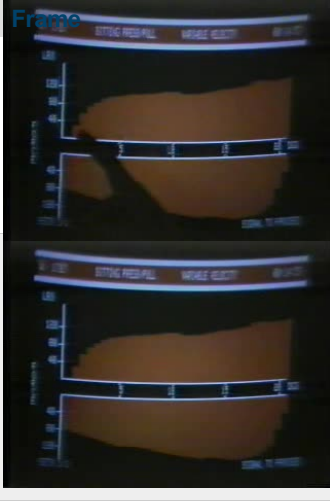

The video then introduces a 21st-century computerized exercise machine, which allows athletes to select specific programs and simulate different sports actions. The speaker demonstrates this by simulating a shot putter's action. The machine provides detailed feedback on the performance, including a force curve that shows the varying force applied throughout the action. This data can be stored and compared to the best in the world, allowing athletes to fine-tune their practice. The speaker concludes by stating that this intelligent machine will enable future sports athletes to optimize their training for their specific conditions.

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## Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	<i>You ready for some more interesting points on sports?</i>
	1.	00:00:07	<i>Let's check in with the Ariel view.</i>
	2.	00:00:09	<i>Well, Vic, this is the old exercise equipment.</i>
	3.	00:00:14	<i>This is before the time of computers.</i>
	4.	00:00:17	<i>These machines do not have intelligence on them.</i>
	5.	00:00:20	<i>They depend on gravity only.</i>
	6.	00:00:22	<i>And let me tell you what I mean by that.</i>
	7.	00:00:24	<i>If I try to live in the sitting press 150 pounds, let's look what happened.</i>
	8.	00:00:29	<i>It's easy in the beginning, and I get stuck here.</i>
	9.	00:00:32	<i>I cannot do it anymore.</i>

Frame	#	Time	Spoken text
	10.	00:00:33	<i>I have to put it back.</i>
	11.	00:00:35	<i>Why?</i>
	12.	00:00:36	<i>The reason is that my arm, which certain angle, which is biomechanically inefficient, everybody</i>
	13.	00:00:42	<i>knows that it's harder to keep weight on the side than to keep it close to the body.</i>
	14.	00:00:47	<i>So I'm getting farther from the body, and I get stuck because of a mechanical reason.</i>
	15.	00:00:51	<i>The machine does not.</i>
	16.	00:00:53	<i>The machine does not have a brain.</i>
	17.	00:00:55	<i>Now let's put a hundred pounds and see what happened with a hundred pounds.</i>
	18.	00:00:59	<i>When I'm lifting a hundred pounds, it's too easy in the beginning, hard in the middle,</i>
	19.	00:01:03	<i>and too easy in the end.</i>
	20.	00:01:04	<i>In fact, if I'm doing it fast enough, it flies.</i>
	21.	00:01:07	<i>It has zero weight in the end because the machine is done.</i>
	22.	00:01:11	<i>Now let's go and see the 21st century machine, the computerized exercise machine.</i>
	23.	00:01:18	<i>This is the 21st century machine.</i>
	24.	00:01:20	<i>This is the computerized machine of the future athletes.</i>
	25.	00:01:23	<i>The future athletes will select their number here on the machine, will select their program,</i>
	26.	00:01:30	<i>and from this program we'll try to do what they're doing the best.</i>
	27.	00:01:33	<i>Well, I'll select the sitting press, the same exercise that I did there.</i>
	28.	00:01:37	<i>The computer allowed me to select all kind of viable.</i>
	29.	00:01:40	<i>In this case, I will select the viable velocity, try to simulate a shot putter.</i>
	30.	00:01:46	<i>My first competition, this will simulate the actual shot putter thing.</i>
	31.	00:01:51	<i>I push it all the way, I did a hundred and twenty-four pounds.</i>
	32.	00:01:55	<i>And the second competition, let's see, a hundred and ten pounds.</i>
	33.	00:01:58	<i>And the third competition, let's accelerate like the shot, a hundred and twelve.</i>
	34.	00:02:03	<i>Now I will look on my fourth curve and see where my deficiency is.</i>
	35.	00:02:07	<i>Let's understand the fourth curve.</i>
	36.	00:02:09	<i>These are the angle here.</i>
	37.	00:02:10	<i>That's when I extend my arm, it's going up, and then when I pull my arm down, it's going down.</i>
	38.	00:02:15	<i>That's five degrees, ten degrees, fifteen degrees.</i>
	39.	00:02:18	<i>Here is the fourth, forty pounds, eighty-four, eighty pounds, hundred and twenty pounds.</i>
	40.	00:02:23	<i>Look what happened in the beginning when I start to extend my elbow,</i>
	41.	00:02:26	<i>I'm getting to a hundred and twenty pounds, I keep to a hundred and forty,</i>

Frame	#	Time	Spoken text
	42.	00:02:30	<i>and maybe a hundred and fifteen then, on the way down in this case, it's not so important.</i>
	43.	00:02:35	<i>I have a deficiency, and the reason is that I cannot accelerate the bar</i>
	44.	00:02:39	<i>to about two hundred and forty pounds, two hundred and fifty pounds,</i>
	45.	00:02:42	<i>the guys like Brian Oldfield can do.</i>
	46.	00:02:45	<i>This is the intelligent machine of the future.</i>
	47.	00:02:48	<i>All my information that you see here going to be stored in the computer,</i>
	48.	00:02:52	<i>never been forgotten, always compared me to the best in the world and to myself.</i>
	49.	00:02:58	<i>This machine, which has a computer in it, will allow Future Sports athletes</i>
		50.	00:03:03
51.		00:03:10	<i>And Gideon, that's what Future Sport is all about.</i>
52.		00:03:12	<i>Back after this.</i>

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