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ESPN Columbo



Code adi-vid-01075
Title ESPN Columbo
Subtitle Franco Columbo Mr. Universe Exercise
Description Franco Columbu, Mr. Universe train on the CES System
Subject Exercise Machine
Duration 00:03:43
URL <https://arielweb.com/videos/play/adi-vid-01075>
Date 2003-11-09 18:55:37
Label Approved
Privacy Public

Decent of Future Sport with Vic Braden

In this episode, Vic Braden introduces us to the future of sports training with sophisticated electronic equipment. The guest for the show is Dr. Franco Colombo, a former Mr. Universe and current Mr. Olympia.

Dr. Colombo shares his journey into bodybuilding, starting from playing soccer and boxing in Europe to discovering weight training as a way to shape his body. He talks about his first win in a bodybuilding contest and his subsequent rise in the sport.







The show features a demonstration of a new weight training device that adjusts to the user's body and regulates resistance based on specific needs. The inventor of the machine, Dr. Gideonari, explains how the computer identifies where to put the most resistance, providing a unique approach to weight training.




The episode concludes with Vic Braden sharing some fitness tips, emphasizing that good conditioning requires hard work and that there are no shortcuts to fitness. He also suggests exercising as many minutes per day as one eats.

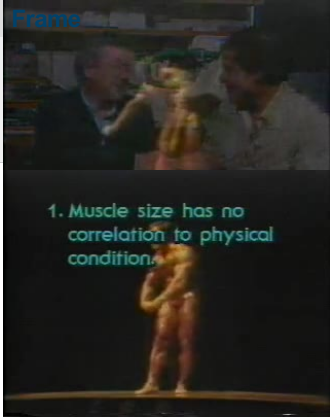
Model Id: gpt-4-0613
Created on: 2023-09-19 01:42:09
Processing time: 00:00:16.7770000
Total tokens: 1079

Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	Hi, I'm Vic Braden.
	1.	00:00:05	Welcome to another Decent of Future Sport.
	2.	00:00:07	On today's show, we'll concern ourselves with your body.
	3.	00:00:11	Here you see some typical gymnasium equipment.
	4.	00:00:16	But on this show, you are going to see some sophisticated electronic equipment, which
	5.	00:00:21	is going to mold tomorrow's athletes inside these doors, already working in the future.
	6.	00:00:27	Dr. Franco Colombo, former Mr. Universe and current Mr. Olympia.
	7.	00:00:32	Dr. Franco Colombo, former Mr. Universe, you know, what a great vibe.
	8.	00:00:38	I want to ask you how you got started.
	9.	00:00:40	How did somebody, you didn't get started when somebody kicked sand in your girlfriend's
	10.	00:00:44	face?

Frame	#	Time	Spoken text
	11.	00:00:45	No, no.
	12.	00:00:46	I used to do some other sports before.
	13.	00:00:47	I used to be a box size, I used to play soccer in Europe and Italy.
	14.	00:00:51	And then I went into a sport that I've always wanted to dream, to benefit my body more.
	15.	00:00:56	I like to get in shape, look good.
	16.	00:00:58	And I found out that weight-running and body-building might be one of the best for that.
	17.	00:01:03	And slowly I got involved.
	18.	00:01:04	So that thing now will be a symptom of something there.
	19.	00:01:07	And then I competed in one lethal contest and I won, and then I went into bigger contests
	20.	00:01:11	like that.
	21.	00:01:12	That's how I got into it.
	22.	00:01:13	We had a chance earlier this week to take a look at your body and how it functions upon
	23.	00:01:19	some special electronic mechanism.
	24.	00:01:20	So let's go into the laboratory and we'll take a look.
	25.	00:01:26	The first exercise program that Franco demonstrated was a new weight training device
	26.	00:01:30	that, for the first time, adjusts to your body rather than making your body adjust to
	27.	00:01:35	the machine.
	28.	00:01:36	This machine regulates resistance with a computer and it's based upon your specific needs.
	29.	00:01:42	Let's get to the inventor of this amazing machine, Dr. Gideonari.
	30.	00:01:45	The computer will identify where to put the most resistance, will stop for one second
	31.	00:01:49	and then release.
	32.	00:01:50	This is very unique for weight training.
	33.	00:01:53	Ready?
	34.	00:01:54	Go.
	35.	00:01:55	Push, push, push, push, all the way.
	36.	00:01:58	Okay.
	37.	00:01:59	That's 294 pounds.
	38.	00:02:00	Okay.
	39.	00:02:01	All the way.
	40.	00:02:02	309 pounds.
	41.	00:02:03	Let's go all the way.
	42.	00:02:04	Let's breath the 326.
	43.	00:02:05	It's been going up.

Frame	#	Time	Spoken text
	44.	00:02:06	<i>It's been going up.</i>
	45.	00:02:08	<i>325.</i>
	46.	00:02:09	<i>Let's go all the way all the way and push.</i>
	47.	00:02:11	<i>Okay.</i>
	48.	00:02:12	<i>325.</i>
	49.	00:02:13	<i>Another 325.</i>
	50.	00:02:14	<i>Okay.</i>
	51.	00:02:15	<i>That's it.</i>
	52.	00:02:16	<i>That was the last one.</i>
	53.	00:02:17	<i>Now if you look on the falls that you did, look on that you started 294, 309, 326, 325, 325,</i>
	54.	00:02:24	<i>302, tremendous amount of power.</i>
	55.	00:02:27	<i>Now if we want to look on the first scale, what we see here that we really overload him</i>
	56.	00:02:32	<i>in a specific, specific angle.</i>
	57.	00:02:34	<i>So if you want, yes, one of them has a strongness, the strongness here where the power stops</i>
	58.	00:02:39	<i>and which was about 10 degrees.</i>
	59.	00:02:41	<i>So many times when you were the strongest 450 pounds, 450, 450, when you started strong.</i>
	60.	00:02:48	<i>This type of exercise equipment allows us exactly to train the master at a particular</i>
	61.	00:02:54	<i>angle so you can train himself in any range that he wants to train.</i>
	62.	00:02:58	<i>You know, frankly, when I watch people like you and Dr. Ariel, it just makes me feel so</i>
	63.	00:03:03	<i>bad that I look like a grapefruit.</i>
	64.	00:03:05	<i>However, I've learned one thing for you people.</i>
	65.	00:03:08	<i>I got to lay off those local donuts.</i>
	66.	00:03:10	<i>That's all there is to it.</i>
	67.	00:03:11	<i>Yeah, you do have to watch the diet little bit.</i>
	68.	00:03:13	<i>That's true.</i>
	69.	00:03:14	<i>But are you in great shape?</i>
	70.	00:03:15	<i>I see playing things.</i>
	71.	00:03:16	<i>It's really great.</i>
	72.	00:03:17	<i>It's much better than me.</i>
	73.	00:03:18	<i>Anyway, super.</i>
	74.	00:03:19	<i>I hope that you'll come back and join us again.</i>
	75.	00:03:21	<i>Thank you very much.</i>
	76.	00:03:22	<i>Thank you.</i>
	77.	00:03:23	<i>Thank you.</i>
	78.	00:03:24	<i>I'm going to look like you the next time.</i>

Frame	#	Time	Spoken text
	79.	00:03:25	Okay.
	80.	00:03:26	I'm waiting to see you.
	81.	00:03:27	All right.
	82.	00:03:28	Here are some tips to remember, muscle size is no correlation to physical conditioning.
	83.	00:03:33	No shortcuts to fitness, good conditioning is hard work, boy, you better believe that.
	84.	00:03:38	And the exercise is many minutes per day as you eat, but that's a good tip.

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