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ESPN Summary



Code	adi-vid-01079
Title	ESPN Summary
Subtitle	Summary of all the ESPN Shows in Coto
Description	Summary of 13 ESPN shows with Gideon Ariel
Subject	Performance Analysis
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Synopsis

In this episode of Future Sport, we revisited some of the key lessons learned from various sports personalities. We discussed the importance of a firm plan in sports, as demonstrated by an Olympic Grade AI order. We also delved into the secrets of Edwin Moses' technique in hurdling and Sharon Shapiro's illusion of great height in gymnastics.

We explored the role of television in the future of sports with broadcaster Charlie Jones and learned new weight training techniques from Franco Colombo. Ken Norton showcased his quickness and power, while Brian Olfield emphasized the importance of staying grounded.

We also discussed computer science in sports with Gideon Ariel and received running tips from Olympic marathon champion Frank Shorter.

The episode concluded with an observation of the intense training regimen of a women's volleyball team, highlighting the physiological changes that occur in women athletes with less than 12% body fat.

The executive producer of Future Sport is Jim Cross.

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Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	Let's take a quick look back at some of the things we've learned on futures for.
	1.	00:00:07	We've learned that a firm plan with an arm-kicking put is a place-figure dream.
	2.	00:00:12	Olympic Grade AI order confirmed that you can star in sports at any age.
	3.	00:00:17	The Great Herner, Edwin Moses, uncovered some secrets of his technique.
	4.	00:00:20	He always planted up with a hurdle with no breaking motion.
	5.	00:00:24	NCAA gymnastic champion Sharon Shapiro revealed how to produce the illusion of great height.
	6.	00:00:30	You golfers learned some great tips from our computer analysis of the swing.
	7.	00:00:35	This one belonged to broadcaster Charlie Jones, who talks with us as well
	8.	00:00:39	about the importance of television in the future of sports.

Frame	#	Time	Spoken text
	9.	00:00:42	<i>Franco Colombo not only demonstrated his impressive physique,</i>
	10.	00:00:46	<i>he also previewed new weight training techniques.</i>
	11.	00:00:51	<i>Heavyweight Ken Norton displayed the quickness and power, still with him after a brilliant boxing career.</i>
	12.	00:01:00	<i>But ignore this one because the same man, Brian Olfield showed us that it's important to keep two feet on the ground.</i>
	13.	00:01:10	<i>We covered computer science each week with my cohort Gideon Ariel.</i>
	14.	00:01:16	<i>Olympic marathon champion Frank Shorter helped runners of all caliber.</i>
	15.	00:01:21	<i>After all that, we finally rested.</i>
	16.	00:01:27	<i>We'll be back in a moment.</i>
	17.	00:01:29	<i>We'll get in there, wraps up another edition of Future Sport.</i>
	18.	00:01:42	<i>But before we go, I just can't help but notice the intensity at which all the great athletes compete.</i>
	19.	00:01:48	<i>Vicki were observed earlier in the show.</i>
	20.	00:01:50	<i>You saw the women volleyball team train here on the reset center,</i>
	21.	00:01:53	<i>and you find out that they train to such a level that in my estimate,</i>
	22.	00:01:56	<i>these are the best fit human on air today.</i>
	23.	00:02:00	<i>But you know, when women especially get under 12% body fat, a lot of physiological changes begin to take place.</i>
	24.	00:02:08	<i>Well, this is amazing how Mother Nature taking care of this because these girls, believe it or not,</i>
	25.	00:02:13	<i>they even not menstruating.</i>
	26.	00:02:15	<i>They developed such a mechanism that Mother Nature said they are not prepared to be mothers,</i>
	27.	00:02:20	<i>but they are prepared to be the best volleyball players in the world.</i>
	28.	00:02:24	<i>It's really interesting in there having a lot of interesting things.</i>
	29.	00:02:27	<i>We've got to tell these people.</i>
	30.	00:02:29	<i>The executive producer of Future Sport is Jim Milmer, produced by Jim Cross.</i>
	31.	00:02:59	<i>The executive producer of Future Sport is Jim Cross.</i>
	32.	00:03:09	<i>The executive producer of Future Sport is Jim Cross.</i>
	33.	00:03:39	<i>The executive producer of Future Sport is Jim Cross.</i>

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