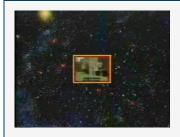


Ariel Dynamics Inc. Media Library - Video

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

Duration 00:03:50

URL https://arielweb.com/videos/play/adi-vid-01079

Date 1982-01-01 00:00:00

Label Approved **Privacy** Public

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 Al 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.

Model Id: gpt-4-0613

Created on: 2023-09-19 01:45:54 Processing time: 00:00:18.2240000

Total tokens: 694

Audio transcription

Frame	#	Time	Spoken text
FUTURE	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 Al 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.



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Video filename: adi-vid-01079-espn-summary-256kbps.mp4

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