



Ariel Dynamics Inc. Media Library - Video

CES System



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Synopsis

The video discusses a sophisticated computerized exercise system that adjusts to the user's capacity, monitoring their effort, calories, heart rate, and more. The system includes a multifunction machine that allows for a variety of exercises, such as bench press, sitting press, curls, squats, sit-ups, deadlifts, and more. The system also includes an arm leg machine for leg and arm exercises, including biceps and triceps exercises. The machine can also be used for total body exercises.

The system is easy to start and operates with the help of a diskette. It has different sets of programs for different machines. The user communicates with the computer by moving the bar, which signals the start of an exercise. The computer provides a report after each exercise, comparing the user's performance to previous results. The future of exercise, according to the text, lies in such computerized machines that adapt to the user's capacity and provide personalized coaching.

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Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	One aspect of the Industrial Revolution a century ago was that people did to thinking
	1.	00:00:08	and machines the working, but now the computer revolution is taking us back to the basics.
	2.	00:00:14	We work.
	3.	00:00:15	It thinks.
	4.	00:00:16	CNN's Tom Hendrick has the story.
	5.	00:00:18	Okay, buy the numbers now.
	6.	00:00:23	While you do the sweating, it does the thinking.
	7.	00:00:27	Using your effort, adding or subtracting weight as you go, monitoring calories and
	8.	00:00:32	heart rate and whatnot, you just keep on pushing.
	9.	00:00:38	Hello, welcome to the most sophisticated computerized system known today.
	10.	00:00:45	We have exercises that you can perform on the multifunction machine.
	11.	00:00:49	One is the bench press as you saw before, and then from the bench press we can go to

Frame	#	Time	Spoken text
	12.	00:00:53	<i>the sitting press, so we're just standing here and we'll do fewer repetition up and down.</i>
	13.	00:00:59	<i>Another exercise could be the curl, we're just standing up and doing the curl.</i>
	14.	00:01:05	<i>And from the curl we can go to the squat, you can do the squat, and I can make the bench</i>
	15.	00:01:09	<i>going even lower so you can do a full squat.</i>
	16.	00:01:15	<i>That's right.</i>
	17.	00:01:16	<i>And from the squat we can do the sit-ups, and this is a fantastic sit-up because you</i>
	18.	00:01:20	<i>really walk your abdominal muscle through whole range of movement.</i>
	19.	00:01:27	<i>Also you can do the decline bench press, and of course you can do also incline bench press.</i>
	20.	00:01:41	<i>And to that we can add even more exercises such as the deadlift and other exercises we</i>
	21.	00:01:45	<i>even didn't discuss.</i>
	22.	00:01:47	<i>Now let's look on the other half of this system is the arm leg machine.</i>
	23.	00:01:53	<i>Here is the arm leg machine.</i>
	24.	00:01:54	<i>On this machine you can exercise the legs or the arms.</i>
	25.	00:01:59	<i>For example, we'll start with an leg exercise, all the signs, certain amount of weight here,</i>
	26.	00:02:03	<i>and when we hear the tone here, what you'll try to do is to go as hard as you can up and</i>
	27.	00:02:09	<i>as hard as you can down.</i>
	28.	00:02:10	<i>Okay, let's go all the way up, and it was 58 pounds, and pull as hard as possible down.</i>
	29.	00:02:16	<i>Okay, good, on the way down it was 40 pounds, and now we see 58 pounds, and all the way</i>
	30.	00:02:22	<i>down.</i>
	31.	00:02:23	<i>Okay, we have three more to go, 74 pounds.</i>
	32.	00:02:28	<i>What you see here is that the computer always adjusts to her capacity.</i>
	33.	00:02:32	<i>If she can do more or less, always the computer has the intelligence to do it.</i>
	34.	00:02:36	<i>That's the last one, and all the way down.</i>
	35.	00:02:42	<i>And now we will see what is the ratio between the extensive muscle or the quadriceps.</i>
	36.	00:02:48	<i>This is the quadriceps to the hamstring.</i>
	37.	00:02:52	<i>This is the hamstring.</i>
	38.	00:02:53	<i>So we see that the ratio is about between 60 pounds to about 50 pounds, so it's about</i>
	39.	00:02:57	<i>one to one ratio.</i>
	40.	00:02:58	<i>That's very good.</i>
	41.	00:02:59	<i>And also we can examine again the repetition, we see that she's going up and down and up</i>
	42.	00:03:04	<i>and down and up.</i>
	43.	00:03:05	<i>You see with the regular weights you couldn't do it because if you get fatigued, you will</i>
	44.	00:03:09	<i>have to put the weights on the floor.</i>
	45.	00:03:11	<i>This machine always will adapt to you and adjust to you.</i>
	46.	00:03:14	<i>So these are the leg exercise.</i>
	47.	00:03:16	<i>Another exercise we can do here is for the arms.</i>



#	Time	Spoken text
48.	00:03:19	<i>Let's put the elbow in the proper place.</i>
49.	00:03:21	<i>We'll hold the bar here, and now we can do a biceps and a triceps exercise.</i>
50.	00:03:26	<i>Again, we're doing biceps and a triceps.</i>
51.	00:03:30	<i>Another exercise that we can do on this machine is a total body exercise.</i>
52.	00:03:34	<i>We're using the whole body fold and backward.</i>
53.	00:03:37	<i>In fact, let's try it.</i>
54.	00:03:38	<i>We'll just move the holders out here.</i>



55.	00:03:41	<i>We'll lengthen and make it longer.</i>
56.	00:03:46	<i>And let's hold it all the way in, let's sitting press, hold the body down, pull with the</i>
57.	00:03:52	<i>back and pull it down once more, all the way down and all the way in.</i>
58.	00:03:59	<i>These are the exercises that you can do on this exercise machine.</i>
59.	00:04:03	<i>It is very simple to start the machine automatically.</i>



60.	00:04:16	<i>You take just the diskette, put it in the diskette drive, close the door, and you push</i>
61.	00:04:21	<i>one key, the enter key, and then you push the enter key again, and you set yourself on</i>
62.	00:04:28	<i>the machine.</i>
63.	00:04:29	<i>So in one machine we have one set of programs, and on the other machine we have</i>
64.	00:04:34	<i>of programs.</i>



65.	00:04:36	<i>The way you're talking with the computer is by moving the bar.</i>
66.	00:04:40	<i>So every time you want to start the exercise, you just move the bar, and you're ready for</i>
67.	00:04:44	<i>the exercise.</i>
68.	00:04:46	<i>All the way up, you have to go all the way to the range, that's it.</i>
69.	00:04:49	<i>And now with the leg.</i>






70.	00:04:53	<i>So while you have ten repetitions, and now she has five repetitions, and it shows the</i>
71.	00:05:00	<i>person exactly what he's doing in every repetition.</i>
72.	00:05:10	<i>One more on the leg.</i>
73.	00:05:17	<i>After you finish the leg exercise, the only thing you have to do, and now she'll you just</i>
74.	00:05:22	<i>move the leg about half an inch up and down, and then the computer gives the report.</i>



75.	00:05:27	<i>Same thing with the bench press, you just move the bar, and the computer tells you</i>
76.	00:05:30	<i>exactly</i>
77.	00:05:38	<i>what you did, and how you compared to your previous results.</i>
78.	00:05:43	<i>And if you want to pursue it, move the bar again, half an inch up forward and backward,</i>
79.	00:05:47	<i>and the computer will tell you what is your next exercise.</i>
80.	00:05:50	<i>Just follow the direction.</i>

80.	00:05:50	<i>And you see on the leg exercise, you see there how Marcia compared to previous</i>
81.	00:05:57	<i>performance.</i>
81.	00:05:57	<i>With what now, he's going to the sitting press, all the way up and all the way down.</i>
82.	00:06:04	<i>Move the bar half an inch up and down.</i>

Frame	#	Time	Spoken text	
	83.	00:06:06	Now the second exercise on the leg exercise will be a very interesting exercise.	
	84.	00:06:11	The point where Marcia was weaker, the bar will stop actually, an enhancer exercise.	
	85.	00:06:24	All the way all the way, that's it, and all the way down.	
	86.	00:06:27	The bar will stop all the way down.	
	87.	00:06:34	Okay, while you finish the next exercise, by moving the bar, show you what you did.	
	88.	00:06:47	It compared you to the whole record holder, and show you what you did last time.	
	89.	00:06:54	And then by moving the bar again, it will tell you what is your next exercise.	
		90.	00:07:02	So everything is done automatically.
		91.	00:07:09	Here is the statistics for the leg exercise, and then the average.
92.		00:07:28	I can see the dip there, that's where the bar stops.	
93.		00:07:51	So what we'll review here today is a whole new future.	
94.		00:07:55	A future of computerized exercise machine without officially intelligent.	
	95.	00:07:59	Artlets of the future are not going to rely on personal coach or individual that know	
	96.	00:08:07	all the answers.	
	97.	00:08:08	The future coach is really relying on this magnetic tape, which will be adapted specifically	
	98.	00:08:14	to the artlets of the future.	

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