



Ariel Dynamics Inc. Media Library - Video

The Ariel View



Code	adi-vid-01129
Title	The Ariel View
Subtitle	New technology in Exercise Equipment
Description	The Ariel Computerized Exercise System (CES) is an advanced system that automatically monitors, controls, and modifies resistance and velocity while the user is exercising.
Subject	Exercise Machine
Duration	00:03:20
URL	https://arielweb.com/videos/play/adi-vid-01129
Date	2006-07-13 15:59:29
Label	Approved
Privacy	Public

Synopsis:


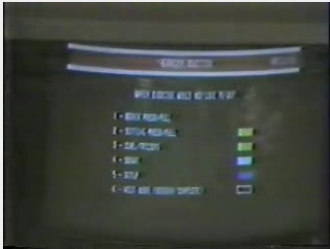
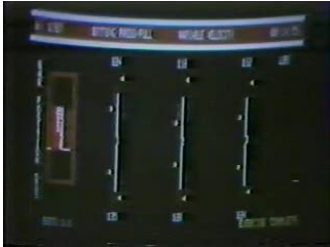
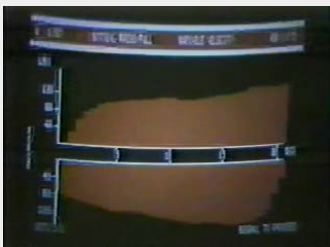
The video discusses the evolution of exercise equipment, comparing traditional machines to modern, computerized ones. Traditional machines rely solely on gravity and do not adapt to the user's biomechanics, making certain exercises difficult or inefficient. The speaker demonstrates this by attempting a sitting press with 150 pounds, which proves too difficult due to the biomechanically inefficient angle of his arm.

The speaker then demonstrates a computerized exercise machine, which allows users to select different variables and programs to suit their needs. The machine simulates the movements of a shot putter, adjusting the weight based on the user's performance. The machine also provides detailed feedback on the user's performance, highlighting areas of deficiency and comparing the user's performance to the best in the world. This allows athletes to tailor their training to their specific needs and achieve optimal performance. The speaker concludes by introducing Edwin Moses, a renowned athlete.

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Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	And Gideon, that's what Future Sport is all about. Back after this.
	1.	00:00:09	You ready for some more interesting points on sports? Let's check in with the Ariel views.
	2.	00:00:14	Well, Vic, this is the old exercise equipment. This is before the time of computers.
	3.	00:00:21	These machines do not have an intelligent of them. They depend on gravity only.
	4.	00:00:26	And let me tell you what I mean by that. If I try to live in the sitting press 150 pounds, let's look what happens.
	5.	00:00:33	It's easy in the beginning, and I get stuck here. I cannot do it anymore. I have to put it back. Why?
	6.	00:00:40	The reason is that my arm is certain angle which is biomechanically inefficient.
	7.	00:00:46	Everybody knows that it's harder to keep weight on the side and to keep it close to the body.
	8.	00:00:51	So I'm getting farther from the body and I get stuck because of a mechanical reason. The machine does not have a brain.
	9.	00:00:59	Now let's put a hundred pounds here and see what happens with a hundred pounds.

Frame	#	Time	Spoken text
	10.	00:01:03	<i>When I'm lifting a hundred pounds, it's too easy in the beginning, hard in the middle, and too easy in the end.</i>
	11.	00:01:08	<i>In fact, if I'm doing it fast enough, it flies. It has zero weight in the end because the machine is down.</i>
	12.	00:01:15	<i>Now let's go and see the 21st century machine, the computerized exercise machine.</i>
	13.	00:01:22	<i>This is the 21st century machine. This is the computerized machine of the future athletes.</i>
	14.	00:01:28	<i>The future athletes will select the number here on the machine, will select the proper program, and from this program we'll try to do what they're doing the best.</i>
	15.	00:01:38	<i>I'll select the sitting press, the same exercise that I did there. The computer allows me to select all kinds of variables.</i>
	16.	00:01:45	<i>In this case, I will select the variable velocity, try to simulate a shot putter.</i>
	17.	00:01:51	<i>In my first repetition, this will simulate the actual shot putter theme.</i>
	18.	00:01:56	<i>And I push this all the way, I did a hundred and twenty-four pounds.</i>
	19.	00:02:00	<i>In this second repetition, let's see, 110 pounds. And the third repetition, it's accelerate like the shot, 112.</i>
		20.	00:02:07
21.		00:02:13	<i>These are the angle here. That's when I extend my arm, it's going up, and then when I pull my arm down, it's going down.</i>
22.		00:02:20	<i>That's five degrees, ten degrees, fifteen degrees. Here is the four, forty pounds, eighty four, eighty pounds, hundred and twenty pounds.</i>
23.		00:02:27	<i>Look what happened in the beginning when I start to extend my elbow. I'm getting to 120 pounds, I keep to 140, and maybe 150 in the end.</i>
	24.	00:02:36	<i>On the way down, in this case, it's not so important. I have a deficiency, and the reason is that I cannot accelerate the bow to about 240 pounds, 250 pounds.</i>
	25.	00:02:46	<i>The guy's like Brian Oldfield can do. This is the intelligent machine of the future.</i>
	26.	00:02:52	<i>All my information that you see here going to be stored in the computer, never been forgotten, always compared me to the best in the world and to myself.</i>
	27.	00:03:02	<i>This machine, which has a computer in it, will allow Future Sports athletes to tune their practice perfectly for their own condition and achieve optimism.</i>
	28.	00:03:14	<i>With me, an incredible athlete, Edwin Moses, Edwin, delighted to have you here, and I'm done.</i>

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