



Ariel Dynamics Inc. Media Library - Video

ACES Thailand



Code adi-vid-01180
Title ACES Thailand
Subject ACES;Activities;Exercise Machine;Favorite
Duration 00:01:35
URL <https://arielweb.com/videos/play/adi-vid-01180>
Date 2010-02-06 00:00:00
Label Approved
Privacy Public

Synopsis

Dr. Bonsai and his team have successfully improved the Ariel computerized exercise system. The new system includes a multifunctional machine and a leg machine, both of which have been thoroughly tested through prototyping. The multifunctional machine supports a variety of exercises, including bench press and squats. The leg machine, which is still in the prototype stage, will be showcased in an upcoming movie. The system also supports exercises for arms, shoulders, back, and stomach.

Model Id: gpt-4-0613
 Created on: 2023-09-19 03:24:29
 Processing time: 00:00:08.8260000
 Total tokens: 335

Audio transcription

Frame	#	Time	Spoken text
	0.	00:00:00	Thanks to Dr. Bonsai and his staff that we were able to recreate the new
	1.	00:00:08	Ariel computerized exercise system and made it even better. Here is the
	2.	00:00:14	multifunction and here is the leg machine, the leg and the arm and the back and we
	3.	00:00:23	started with a prototyping. Here you see different people testing the
	4.	00:00:29	prototyping, here is the new multi-functions. You see now the production model and
	5.	00:00:35	different, especially the multifunction in different type of exercises. Here is in
	6.	00:00:40	the bench press, here it is in the squat and basically the mechanism that we
	7.	00:00:52	design is much better and here is the prototype for the leg machine, which later
	8.	00:00:57	on will show the movie of the finished product. Here is the leg machine again,
	9.	00:01:03	the different position and here it's the movie actually that show the exercise
	10.	00:01:11	extension flexion and then the leg, I mean and then the arms, biceps and
	11.	00:01:19	triceps and also you can do a shoulder, the rolling exercise and also back
	12.	00:01:25	and stomach exercise and back to the arm exercise.

This PDF-document has been auto-generated from a video file by arielweb-ai-bot v1.2.2023.0926 on 2023-09-28 03:44:46 without human intervention. In case of errors or omissions please contact our aibot directly at ai@macrospport.com.

Video filename: **adi-vid-01180-aces-thailand-1024kbps.mp4**

Copyright Disclaimer

The content and materials provided in this document are protected by copyright laws. All rights are reserved by Ariel Dynamics Inc. Users are prohibited from copying, reproducing, distributing, or modifying any part of this content without prior written permission from Ariel Dynamics Inc. Unauthorized use or reproduction of any materials may result in legal action.

Disclaimer of Liability

While every effort has been made to ensure the accuracy of the information presented on this website/document, Ariel Dynamics Inc. makes no warranties or representations regarding the completeness, accuracy, or suitability of the information. The content is provided "as is" and without warranty of any kind, either expressed or implied. Ariel Dynamics Inc. shall not be liable for any errors or omissions in the content or for any actions taken in reliance thereon. Ariel Dynamics Inc. disclaims all responsibility for any loss, injury, claim, liability, or damage of any kind resulting from, arising out of, or in any way related to the use or reliance on the content provided herein.