



Ariel Dynamics Inc. Media Library - Video

Endless Pools Fitness




 <p>This is the story of Gideon Ariel. 1960-1964 Olympic Athlete, Modern Fitness Pioneer and Endless Pools Fitness Systems Owner from Orange County, Calif.</p>	Code	adi-vid-01186
	Title	Endless Pools Fitness
	Subtitle	Gideon Ariel exercising in state-of-the-art swimming pool
	Subject	History
	Duration	00:03:24
	URL	https://arielweb.com/videos/play/adi-vid-01186
	Date	2017-03-27 00:00:00
	Label	Approved
	Privacy	Public


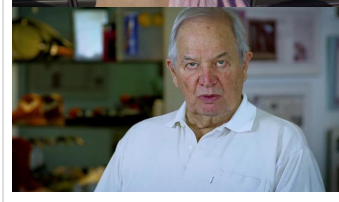

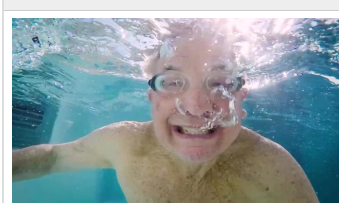
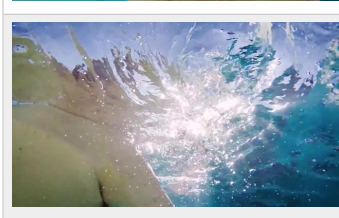
Synopsis

The speaker shares his lifelong passion for athletics, particularly discus and shot put, which led him to compete in the 1960 Olympic trials. Despite not being the most talented or physically gifted, his determination saw him break records in Israel. He later became the chairman of biomechanics for the U.S. Olympic Committee, working with top athletes and developing gym equipment. At 78, he maintains a strong physique and continues to exercise daily. However, a sudden health crisis requiring a kidney transplant significantly impacted his lifestyle. His recovery has been aided by the use of an Endless Pool, which he uses not just for swimming but for a variety of creative exercises. He emphasizes the pool's benefits for circulation and low-impact resistance training, and recommends it for people recovering from major health issues. He concludes by stating that he has been exercising daily for 65 years, and thanks the audience.

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Audio transcription

Frame	#	Time	Spoken text
 <p>This is the story of Gideon Ariel. 1960-1964 Olympic Athlete, Modern Fitness Pioneer and Endless Pools Fitness Systems Owner from Orange County, Calif.</p>	0.	00:00:00	I was so crazy about discus and shot put that I used to sleep for two years.
	1.	00:00:13	The discus was attached to my hand because in the Olympic trials in 1960, the guy that
	2.	00:00:20	was better than me, I beat him by this much.
	3.	00:00:23	So I made the Olympics because I was not a talented athlete.
	4.	00:00:28	In fact, I was not fast enough, I was not big enough, but I was so determined to break
	5.	00:00:33	the record in Israel.
	6.	00:00:37	And then I became the chairman of biomechanics for the U.S. Olympic Committee.
	7.	00:00:41	We analyze athletes, we work with the best athletes in the world.
	8.	00:00:47	We developed exercise machines like the original universal gym equipment.
	9.	00:00:51	It's my path.
	10.	00:00:52	My muscles are pretty good, you know, at 78 it's pretty good, and I can lift a lot.
	11.	00:01:03	It was a shock that from a very, very healthy life, in 24 hours, you're about to die.
	12.	00:01:11	And with the kidney transplant, it took a long time on the hospital, suddenly I cannot
	13.	00:01:18	exercise, I'm tired, I have to take a nap, I don't have any life anymore.
	14.	00:01:42	Every week I feel better and better, even my wife realizes it.
	15.	00:01:45	She tells me, hey, you work better.
	16.	00:01:47	After I swim in the Endless Pool, I feel that I walk much easier on the ground, and

Frame	#	Time	Spoken text
	17.	00:01:53	<i>I think it would be a very good exercise for people with no kidney transplant.</i>
	18.	00:01:57	<i>I mean, it's a great machine.</i>
	19.	00:02:06	<i>So in the Endless Pool, I have a flexibility to do different kinds of exercises.</i>
	20.	00:02:11	<i>So I don't use it only as a swimming pool, which I can, but I'm also using it as a different</i>
	21.	00:02:17	<i>kind of creative exercise that I do.</i>
	22.	00:02:20	<i>So I'm pushing myself against the ground every time.</i>
	23.	00:02:23	<i>So I push on the ground and I have two or three strokes, and then I let the legs touching</i>
	24.	00:02:28	<i>the bottom, and again, it pushed me up, so I'm walking my ankles at the same time.</i>
	25.	00:02:33	<i>So I always switch the exercises.</i>
	26.	00:02:36	<i>When I'm holding the rail, I can use my legs very, very fast, so that's good for circulation</i>
	27.	00:02:41	<i>in the legs.</i>
	28.	00:02:43	<i>So you're actually running on the treadmill, but there's no impact.</i>
	29.	00:02:47	<i>You're running against the water resistance.</i>
	30.	00:02:51	<i>For me, it's an exercise machine.</i>
	31.	00:02:52	<i>For me, it never was a swimming machine.</i>
	32.	00:02:53	<i>It's an exercise machine.</i>
	33.	00:02:54	<i>It's very unique.</i>
	34.	00:02:55	<i>Guys are developed by good endurance.</i>
	35.	00:02:56	<i>It's my life, and I'm exercising now for 65 years every day.</i>
	36.	00:03:13	<i>Thank you.</i>

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