



Ariel Dynamics Inc. Media Library - Video

Endless Pools Fitness




Code	adi-vid-01187
Title	Endless Pools Fitness
Subtitle	Gideon Ariel exercising in state-of-the-art swimming pool
Description	Gideon Ariel has been entrenched in the health and fitness world most of his life. A two-time Israeli Olympian in discus and shot put (1960 and 1964), Ariel holds patents for many modern gym equipment, including the variable resistance exercising device. But about three years ago, his body betrayed him when his kidneys failed. A former student gave him his kidney, which got Gideon back on his feet. And Endless Pools, pools that are engineered to allow users to swim against an adjustable current, got him back in the exercise game.
Subject	History
Duration	00:03:24
URL	https://arielweb.com/videos/play/adi-vid-01187
Date	2017-03-30 00:00:00
Label	Approved
Privacy	Public







Synopsis

The video is a personal narrative of an individual who was passionate about discus and shot put, and despite not being a naturally talented athlete, managed to make it to the 1960 Olympics. He later became the chairman of biomechanics for the U.S. Olympic Committee, working with top athletes and developing gym equipment. At 78, he faced a health crisis that required a kidney transplant, which greatly impacted his ability to exercise. However, he found a solution in the Endless Pool, which allowed him to perform various exercises without strain. He emphasizes the importance of exercise in his life, having maintained a routine for 65 years.

Model Id: gpt-4-0613
 Created on: 2023-09-19 03:33:44
 Processing time: 00:00:10.0660000
 Total tokens: 671

Audio transcription

Frame	#	Time	Spoken text
 <p><small>This is the story of Gideon Ariel, 1960-1964 Olympic Athlete, Modern Fitness Pioneer and Endless Pools Fitness Systems Owner from Orange County, Calif</small></p>	0.	00:00:00	<i>I was so crazy about discus and shot put that I used to sleep for two years.</i>
	1.	00:00:13	<i>The discus was attached to my hand because in the Olympic trials in 1960, the guy that</i>
	2.	00:00:20	<i>was better than me, I beat him by this much.</i>
	3.	00:00:23	<i>So I made the Olympics because I was not a talented athlete.</i>
	4.	00:00:28	<i>In fact, I was not fast enough, I was not big enough, but I was so determined to break</i>
	5.	00:00:33	<i>the record in Israel.</i>
	6.	00:00:37	<i>And then I became the chairman of biomechanics for the U.S. Olympic Committee.</i>
	7.	00:00:41	<i>We analyze athletes, we work with the best athletes in the world.</i>
	8.	00:00:47	<i>We developed exercise machines like the original universal gym equipment.</i>
	9.	00:00:51	<i>It's my path.</i>
	10.	00:00:52	<i>My muscles are pretty good, you know, at 78 it's pretty good, and I can lift a lot.</i>
11.	00:01:03	<i>It was a shock that from a very, very healthy life, in 24 hours, you're about to die.</i>	

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

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Video filename: adi-vid-01187-endless-pools-fitness-systems-2470kbps.mp4

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