

## Automated Resistance Training Ariel Huskins

### Detox, Lyme and Health Podcast by Dr. Jay Davidson

**Intro:** [00:00:00] Welcome to the Detox, Lyme and Health podcast. And now, the man that simplifies the complex--your host, Dr. Jay Davidson.

**Dr. Jay Davidson:** [00:00:13] Hi this is Dr. Jay. And I'm with a very special guest Ariel Huskins with the SOLUS machine and this is all about exercise. I'm really excited to be interviewing Ariel because of this idea of how can we actually get fit? How can we actually build muscle even if we have chronic illness and this might be a great solution. So I'm really excited to have you on the podcast today, Ariel.

**Ariel Huskins:** [00:00:38] Yeah. Thanks for having me. I'm excited to be here.

**Dr. Jay Davidson:** [00:00:42] So can you give our listeners a little background on yourself. Just so they know a little bit more about you before we go deep dive into some of this crazy exercise technology that you've come out with and made available now.

**Ariel Huskins:** [00:00:55] Yeah. So my background I was actually a competitive athlete for about eight years and when I stopped exercising, I kept eating like I was still exercising as hard and competing. And I just noticed that after all the injuries and all the everything that I had it was really hard to go back to the gym and I didn't really want to do that. And I had gotten professionally into business consulting and I was working in the kind of wellness environment. I worked with a lot of chiropractors and wellness practitioners. And in that process, I noticed I was really losing track of my own body. I started out just looking for a solution. It's been a long road but now we have the SOLUS. I'm very excited about it. It's helped me take control of my health and now I get to help other people do the same.

**Dr. Jay Davidson:** [00:01:46] That's awesome. I feel good about myself so far because I just went to the gym this morning before this interview. So I was like alright, I'm exercised up and ready to really pick your brain. So can you give us a little background on what the SOLUS is? We met at a seminar recently and filmed another video which we'll make sure to put below this podcast so if you're listening on iTunes you can go to [www.DrJayDavidson.com](http://www.DrJayDavidson.com) and click on the podcast button. You will see the SOLUS and automated resistance training with Ariel and then click on that and then scroll below. There will be a second video where it's actually Dr. David Jockers and myself really trying out this technology. You can actually get a better visual so I definitely want to make sure that you know that that's there as well. But diving into the technology, I mean when I saw this machine, I have to say I was like what? This exists? Because I've been interested in this technology, but there was something that was like kind of like held back and then I saw that your company now exists and has really advanced technology and I'm really excited. Talk to us about the SOLUS machine.

**Ariel Huskins:** [00:02:56] Yeah. So basically what we're dealing with is it's a new type of training. So instead of the traditional system where I would hand you a weight and if I hand you 50 pound, you have to hold 50 pounds and there's no way around that. With this, when you apply force, our machine is actually taking 100 readings per second of your body. And you are getting exactly that force. So you are only working with force that you are capable of, because you were actually the one creating it. We're able to get rid of the risk of injury and give you a whole new level of stimulus for your muscles that people have not really been able to experience before. So we really key in... you can do isometric exercises, but when you look at like isokinetic movements we really key them on the eccentric loading because that's what we've never really safely been able to do. And that

accelerates our body really quickly. So what this is, is a computer controlled system that allows you to maximize your workouts and track your progress as you go. All in a very safe manner.

**Dr. Jay Davidson:** [00:04:01] So when you say eccentric... Can you define like eccentric and concentric? And what I'm thinking of right now is your machine where you're maybe you're doing the leg press on the machine. Can you define what eccentric or concentric movement would be?

**Ariel Huskins:** [00:04:15] Yeah. So when you're dealing with eccentric movement that's basically a force that you would be resisting. So if you look at lifting or lowering when the weight is coming back towards you, and you have to keep it away way that would be eccentric. So if you think about it even simply like if you think about a bench press--people are usually really familiar with that. So if you put a hundred pounds on the bar, that's because that's what you can get off of your chest moving back towards the rack. But on the way back down that's the eccentric force. And in that is where you're really not working as hard. It's almost a rest period for your body. Because that bar is coming down. We eccentrically are so much stronger so we can resist a lot more force than we can create. The problem is at the moment that you hit failure in a traditional gravity based weight based system, now that's where you get injured. That's where you see guys drop bars on themselves. That's where you see all these different issues, so with this you get to actually you get to keep that bar away if you will, through the entire range of motion. You get your max without that risk of injury of anything falling on you whereas concentrically, that's where you're taking it back off of your chest and you get to max there as well. But that's where we're used to maxing.

**Dr. Jay Davidson:** [00:05:32] OK. So you've coined something called automated resistance training and essentially it's the computer is sensing 100 times per second how much you are pushing either concentrically or eccentrically depending on which way you know the leg press or the the bench press is... or the what's the other type of movements?

**Ariel Huskins:** [00:05:54] On the SOLUS, you can do the the leg press, the chest press, the row... you can also get into you like calf presses, torso flexions, and extensions, but the three core movements that we deal with us the leg press, chest press, and row okay.

**Dr. Jay Davidson:** [00:06:08] So essentially, with this type of technology, one thing I noticed is you aren't setting weights. You are setting like percent of fatigue on the computer, and as much as I wanted to push, that thing was going to resist, and as much as I start letting go, that thing was not going to over push. It was going to let go as well.

**Ariel Huskins:** [00:06:26] Exactly.

**Dr. Jay Davidson:** [00:06:28] It's an interesting concept. I mean so with this technology... now this is a machine. It's definitely not I would say a super cheap machine, where you're going to a Planet Fitness for ten dollars a month. You've got where you can rent it for you know maybe four or five hundred dollars a month, you can purchase the machine, you can lease to own. So I understand from a monetary standpoint, money doesn't grow on trees and maybe this isn't right for everybody... but when I look at big picture, you're most likely going to have gyms or clinics around the US and possibly even globe that people will have this so that people can go in and utilize this technology, even if they don't own the machine themselves or rent it directly from you.

**Ariel Huskins:** [00:07:11] Yeah. Right now we have machines in three different countries and we're rapidly expanding. Exactly what you sai--we're going into fitness facilities and clinics specializing in any type of kind of advanced wellness and then even physical therapy. So with our equipment, you can do testing, training, or treating. And so really anywhere that's really looking to get an edge to help people improve their body and really get a handle on their health is where we're

putting these machines.

**Dr. Jay Davidson:** [00:07:48] This seems like this would be a really good tool for physical therapists clinics and rehabilitation, maybe even chiropractic offices that do a lot of rehabilitation.

**Ariel Huskins:** [00:07:57] Yes it is.

**Dr. Jay Davidson:** [00:07:58] OK. So going back to the technology... so you've got the SOLUS. You have a second machine as well too, that's a little different than the SOLUS... or is it the same name?

**Ariel Huskins:** [00:08:09] It's a different name. So we actually have the EON and the primary difference... It's all the same principles that the EON is more for therapy or you even start looking at bodybuilding, where somebody has a very specific part of a muscle that they want to work. The EON is a cabled machine so it's very freeform motion. If anybody watches the video that you're posting below they'll see that the SOLUS is a fixed platform. So everything is very stable and steady, also helping to eliminate the risk of injury. But when you look at the EON and that free form motion, in the right setting, it's another level of advancement where you can really hone in on different parts and different muscles specifically...things like that.

**Dr. Jay Davidson:** [00:09:03] OK. I still think about when I tried it out at the seminar and I was like oh my gosh, I just did it for like a minute, and my legs... I was just fatigued. I was just like wow, I'm really tired. And of course I'm kind of in dress clothes because I was speaking. I was thinking, man, I should have filmed that very first time. Then the next morning, early morning, Dr. Jockers and I were like, okay, let's get more of a longer test which is the video below this podcast. Talk to me about timing because my mind still thinks you know that in order to be fit, in order to build muscle, there's got to be like this consistency that you really have to hit the gym like almost every other day to some degree. You know you have to work out at least 20 or 30 minutes. I'd use some blood flow restriction bands to try to speed up the process to really kind of shorten the time, but this I mean this automated resistance training with this technology just kind of completely blows that timing out of the water. Can you touch on that?

**Ariel Huskins:** [00:10:02] Yeah. So the reason that you think about this... that we have this whole paradigm around exercise of like: for example, it's leg day right. Today's leg day and then tomorrow I'm going to do chest or back or whatever and we segment the body. But what I always ask people is like OK, so when you get up in the morning on leg day and you drink water, do you tell your body like hey it's just for my legs? Well no. Right. That doesn't work. And the same thing when you eat your food, when you breathe, it's not just for that one muscle group. But we've created this this entire kind of almost culture around exercise where we segment the body, and the body is not really meant to be segmented. So two things are happening here. One, we're working the whole body, working in a way that it's not been worked before. So when we look at the eccentric loading like we were talking about, when you get all of this resistance, you are actually getting a stimulus to the muscles that is going to take your body at least five, usually seven or eight days to recover from. And that's not you know five to seven days of not being able to walk, like oh my gosh I'm so sore. But to actually get the recovery. That's what we never do. Right. So we go to the gym every other day or every day and work different muscle groups. And the reason that we're doing that is so that you know by the time you get that week back around, or three four days, then you start working muscle groups again. It allows us to be at the gym all the time. We don't have to do that with our setup because we're working the whole body. We're working it completely in a way that's perfect for the body. And then we're actually taking the data that we have and we're able to track what your recovery time should be. So if you're using the equipment and you're not seeing progress, we're going to start looking at your recovery time. I have people that work out once every 12 to 14 days

because their body doesn't recover as fast. I have professional athletes that can come back in three or four days. But it's just it's a completely different approach.

**Dr. Jay Davidson:** [00:12:07] Yeah that's what kind of mind blowing. So I mean when you do exercise session, you said it's what, six to ten minutes before?

**Ariel Huskins:** [00:12:15] Yes.

**Dr. Jay Davidson:** [00:12:16] I mean that's six to ten minutes total. That's like you do leg press, bench press, and a row and then you're done.

**Ariel Huskins:** [00:12:23] Essentially, yes you're done. So we hit the big three and then you're done, and you're done for a week. Now we encourage people to still move, be active. Don't like sit on the couch potato chips and wait for the next session to roll around. But that's all you need for your strength training.

**Dr. Jay Davidson:** [00:12:41] So I mean is there any limitation... let's say my body takes seven days to recover. So I workout maybe every Monday and I'm working out for six to ten minutes, which just by itself seems crazy. But am I limited like oh, don't go play tennis, don't go play golf. I mean is there any limitation on exercise or is it more like you really shouldn't hit the gym and lift weights?

**Ariel Huskins:** [00:13:10] By all means go play, go move your body, go have fun, go do the things that you enjoy, play with your kids, go for a walk, go play your sports. We want people to do that. Don't go to the gym and lift weights. That is going to it's going to break down and that's going to actually gear your body for adding mass not strength.

**Dr. Jay Davidson:** [00:13:31] OK. The people that kind of have routines--they do 100 sit ups, or do 100 pushups, or 100 pull ups every day. If you're using this type of technology, you don't want to be doing those type of bodyweight movements either?

**Ariel Huskins:** [00:13:46] You can do bodyweight movements. The beautiful thing about our setup and our software is you're going to be able... It's a tool. Think of it as a piece of feedback where you can actually see... like okay, so maybe for four weeks, you just do the SOLUS. And then you say OK, I'm going to go back and I'm going to do my 100 sit ups. You'll actually be able to take and look and say OK, I did these hundred sit ups and now my results are different. They're either better or worse. So did those sit ups help me or hurt me? How is that affecting my physiology? How is that affecting... So you'll start to look at things like your hydration, your nutrition, your sleep, all the various things and you'll actually get to see what it is that you're doing in your life that affects your performance. And does it affect it in a positive or negative way.

**Dr. Jay Davidson:** [00:14:36] Interesting. So you know I'm still trying to wrap my head around this whole idea of this technology because it really completely reshapes our thought process on exercise and being healthy fitness-wise.

**Ariel Huskins:** [00:14:49] Yeah absolutely.

**Dr. Jay Davidson:** [00:14:51] Which part of me is like well, is this going to be like the next NordicTrack that ends up in our basement that we never touch again or is this actually a tool that we'll utilize. Part of me leans to the second one, because of the six to 10 minutes once a week. Like that's not a lot of inspiration and motivation that you actually have to have. And then the other thing is Daniel who works with you, he's gained I forget how many pounds of muscle.

**Ariel Huskins:** [00:15:19] I think he's at 16 pounds of muscle I think?

**Dr. Jay Davidson:** [00:15:21] 16 pounds of muscle in two years or I might even feel like it might be more. But he was diagnosed with seven different autoimmune conditions and just couldn't put muscle mass on. I see this being an epidemic in the chronic illness world, is this muscle atrophy, that our body breaks down muscle to get the amino acids to activate the immune system. And then you know you have like these really rail thin people that are just you know struggling healthwise. They're like oh I'm supposed to exercise, but you know any time I exercise, I get chronically fatigued. I get super sore. Where does this automated resistance training fit in with somebody that's really struggling that they can't even go to the gym. How could this be actually implemented and not kind of take somebody down?

**Ariel Huskins:** [00:16:04] Well having the feedback on the screen is really helpful. So when we look at like... we'll put this in a physical therapy perspective. So you can take someone and you could for example you would suggest to them to do maybe to apply what they feel is 50 percent of their strength. Right. So not to push as hard as they can push, but just to push and let them kind of get comfortable. You'll get a baseline and then off of that baseline you track. And you say OK, we're going to track for the next five days how you feel. Did you feel better or worse after this exercise? And then you're actually able to take that information and say OK well they felt really good. Can we go a little harder? Now, because we have the ability to compare your past sessions to your current session, so you can actually be competing against yourself. So then you find that perfect session. When you're dealing with somebody that has a lot of, like with Daniel with autoimmune issues and sometimes the body just the little out of sync. It's a little crazy and things don't necessarily make sense for planning. YYou're actually able to take this and dial in a program that works for that individual. And so that may mean that we're taking that baseline and we're trying to improve it. Or like hey you know I was really sore after this. So next time instead of trying to beat our last score, we're actually trying to stay below it. So we know we're not going to put as much out there and end up hurt.

**Dr. Jay Davidson:** [00:17:37] Yeah so basically you're saying it's very data driven. Like you can actually use analytics, you can use data and really know should you be pushing or should you back down based on symptomatology, recovery, and all that?

**Ariel Huskins:** [00:17:52] Yeah. And in that with the combination of it's only going to give the force that you apply. So you're not going to risk the injury right off the bat of having somebody wait that they can't actually hold. OK. So they're not they're not underloaded and they're not overloaded.

**Dr. Jay Davidson:** [00:18:09] So playing the devil's advocate a little bit here. I mean I love new technology. You know that which is why I'm like I want to test this out and I want to interview you and to pick your brain you know and of course bring this out to the world because I feel like this could really possibly make a massive difference in somebody's life that's struggling and could just be a great answer exercise-wise. But I also think about you know when my wife's grandfather bought a plasma TV, it was like a 40 inch for like four thousand dollars, and now you see the TVs they're like you know 300 bucks. If somebody were to get the SOLUS machine... And I mean because you're an innovator and you're advancing technology you know and they were like going to rent it or they wanted to lease to own, do kind of the monthly option. And also now you come out with an advancement. How does that work as far as upgrading the machines and things?

**Ariel Huskins:** [00:19:02] Well OK so we have. It's a great question. We have a couple of things that we've done for that specific purpose so as we innovate, every single thing in the machine has been made to be what we call plug and play. So that means when we make a change, if we make an

upgrade, it's literally a single part replacement. I mean there might be you know two parts to it or whatever, but it's an easy thing where we can swap parts out where we can do upgrades. With our rental program, we actually have an option where you can have basically the upgrade if we come out with things, we automatically send you the updates or we send the technician you know to put the updates in, whatever people want. But we try to make sure that people have any option like anything that they need or want. So like some of the updates that we have are really there they're clinically based. We're looking at tracking like bilateral force. For say a home user, that might not be as important. So they might not want that upgrade. So people get to pick and choose. We try to make sure that any time that we're going to make a delivery, any time we interact with a customer that they know where we're at and what we're looking at for the next 12 months of upgrades everything... anything that we're working on we try to be incredibly transparent with our customers.

**Dr. Jay Davidson:** [00:20:32] Is this kind of like Tesla too, that if there's an update boom it'll update on the software, if it's software-based and not hardware.

**Ariel Huskins:** [00:20:39] Yes we are working on that where that will be part of the package as well. I'm not sure that I would classify it as like Tesla. Yeah we have cloud based software as well as local solutions, so we can push updates with the click.

**Dr. Jay Davidson:** [00:20:54] Okay and let's say somebody is like okay you know look this is super cool. You know I don't really have time for the gym. I want to test this new technology out. I want to rent one of these machines. How do they get trained on it? How is the set up process? I mean do you guys just ship it, we have to put it together and kind of figure it out?

**Ariel Huskins:** [00:21:13] But we actually make sure that it is delivered to you and assembled and then training is done on the spot, as well as we have video training. And then you have full access to a customer support team that can answer questions if you have them.

**Dr. Jay Davidson:** [00:21:28] OK so somebody from your team actually comes to your house or to your facility?

**Ariel Huskins:** [00:21:32] Yes.

**Dr. Jay Davidson:** [00:21:32] Oh that's really cool. So what if somebody--let's look at the different spectrum. So let's say somebody is a bodybuilder and they just they want to bulk up or they want to really get like cut for instance. Is this type of technology the right fit? Like where would automated resistance training fit in? Can you modify it for what your basis is? If I'm chronic illness and I want to work out but not you know crash my adrenals, make sure I'm recovering and of course I can track that on the computer. That seems like it's a great fit. But what about on the other spectrum if it's something like an elite athlete?

**Ariel Huskins:** [00:22:11] Yeah absolutely. So it does--to your point--it does actually adjust right so it doesn't matter what your goals are, you're going to have a program that meets your needs. So a bodybuilder for example, they're not going to work out once a week if they're looking for for mass. They're going to work out two or three times. Now you're you're sacrificing strength right, because you're not getting the recovery but you're definitely going to add the mass. If you are dealing with chronic illness, you're going to do that the once a week or once every 12 days or whatever we've dialed in that works for your body, but it doesn't matter where you are. We have worked with Children's Hospital doing PT for young children that have like CP and can't actually do any strength training. They can use this machine because at the moment that there's any type of you know spasm or issue and they need to let go, there's no risk of injury. Nothing is going to fall on them. And likewise we've worked with professional athletes. We have a couple of teams that we actually work

with that have the machine and their athletes go through each athlete need something a little bit different. And the machine provides that.

**Dr. Jay Davidson:** [00:23:25] So interesting. I mean when I was testing that machine out that very first day where I just did like one leg press set. I was very hesitant. I'm like how does this thing know how much to like push and not. And then the next morning, when Dr. Jockers and I really went on it a lot more, my comfort level increased pretty significantly. I would still say I would have to use it a few more times, because you are putting your trust into like a computer versus this is a 30 pound weight. You know what that feels like with gravity and the position and things. It's very interesting. How long does it take for people to actually like adapt and really get comfortable with the machine or with the technology?

**Ariel Huskins:** [00:24:12] You know each person is different. I would say an average is usually by the third session. So what tends to happen is the first time people go through it, they're either really cautious or they're totally sold on the idea and they go as hard as they can. And they'll either come back next time--you know they'll come for their second session and say OK you know I either way too hard last time or I didn't go hard enough. Like hey I've haven't been sore like that before because you just did so much more than you've ever done. Or like hey you know I think I can do a lot more than that. And so then they'll kind of find that sweet spot through that second session. Much like you did the next day, it was like OK I'm a little more comfortable there. By the third time, they're really starting to trust like OK this is...I get what I give.

**Dr. Jay Davidson:** [00:24:59] OK. So yeah. Because David (Dr. Jockers) said Yeah I kind of went and did a little bit more of a workout, because it just didn't really feel like I got a full workout. And part of me it was like, well how hard were you pushing it all the way? Even if you feel like you were pushing it, would your mind still maybe taper it back just because of the comfort level?

**Ariel Huskins:** [00:25:20] Well yes and that's the other thing about this. When you're competing against your former sessions, and you're like really pushing to try to get better, and you see this line on the screen where you know this is what I did last time... That's something that happens in the gym, because we're usually underloaded in the gym. And so we'll hit this point of fatigue and we're like oh yeah you know, I did just as much work. But you really didn't. And when you can actually watch on the screen and see like hey I did more work than I did last time. I have people that they'll tell me I'm done, and I'm like hey you know you're still 10 percent under... and somewhere in their brain and their body they get that connection. They're able to do one more rep, they're able to do whatever it is that they need to actually move that needle if you will. And our mind plays a huge, huge role in our capabilities and what we do and don't do in the gym and in anything physically.

**Dr. Jay Davidson:** [00:26:17] Yeah. The power of the mind. So amazing. So on the computer screen, because I don't fully understand how to operate the software, but I remember on the computer screen there was like percentages 30, 40, 50, 60 or 70 or something. Can you explain... was that where you would actually set out for your workout or for one individual work out and how would you pick the percentages?

**Ariel Huskins:** [00:26:39] Yeah. So all that is... it's a visual indication for the percentage of muscle fatigue. So if I want to take away 40 percent of somebody's strength... that's a really good baseline. And so all I'm going to do is I touch that on the screen, and it just gives me a visual indicator that basically it just puts a box on the screen. And when somebody can't put out the line right, like you were you were drawing that graph... when they can't touch that box anymore I know that that's the percentage of fatigue that they've reached. And so then that really opens up kind of the toolkit if you will to be able to start to really play with somebody what their goals are and how they want to train. So when you can see like ok at 40 percent fatigue. OK. I'm there in two reps or three reps right

because you felt that it happens really fast. So you can say OK now what happens if I don't take a rest between each rep, if I just go continuous? Does my endurance improve? Those are kind of the things we look at. Sometimes if somebody takes a one second rest or three second rest, then all of a sudden they have this micro recovery and they can get back in that box. So the way that we set that, the way that you would determine... We recommend people start at 40. We don't really let people go above 70 because at 70, I mean you pretty much need a bucket to sit next to the machine. And it's not good. You're going to get a really, really good workout at 70. You're going to get a great workout all the way through, but you're punishing yourself at 70. OK. But some people want that and that's why it's there. 40 and 50 are really good benchmark for your average person that wants to come in and get just a good workout. When you take away 50 percent of somebody's strength, 40 percent of somebody's strength, they're going to feel it. You're going to feel it for a while. They're going to recover. They're going to start that recovery process pretty quickly. But there's still going to need that week. If you take them under 40, like if you do 20 or 30, their recovery time is going to be shorter so they're not going to do it once every seven or eight days you're going to do it you know maybe once every five or six days. It just depends on the person.

**Dr. Jay Davidson:** [00:29:09] In the weightlifting world, I feel like there's kind of a battle of you know the the puffy muscle, look really great beach versus just like pure strength, I can just snap in half because I'm so strong, even though I might not look like as beach body type of thing. Would you say that's more of mass versus strength training then?

**Ariel Huskins:** [00:29:32] Yeah, absolutely.

**Dr. Jay Davidson:** [00:29:39] Let's say somebody is a guy, testosterone, they want to get big. I mean at what point do you say well really you actually want to build strength versus just you know cosmetic or vice versa? And then also same thing, same type of questions but for the female gender. Obviously I'm a male but in the female side, females I feel like almost have a fear of like I don't want to bulk up. I don't want to do anything that's bulking up. I want to just get tone and fit. So where does the SOLUS or the automated resistance training fit?

**Ariel Huskins:** [00:30:14] So when you look at actually building strength, when you look at strength training, the goal there is not to add bulk. And you're right. Women are very much against adding mass right, because we're all about... you know all the messages we get constantly and our self-worth is like we've got to be small. But when you actually add strength, you improve the health of your body so much that that's where you actually begin to tone. When you look at like the beach body, like you were saying, of somebody that's that's bigger. It's not that they're not strong. We're dealing with two different things here. One is genetic potential. Right. I've worked with guys that want to get big and they just don't have the genetics for it. So there's only going to be a certain point, but you can always get strong. You can you can always add that. So I think I always encourage people to work on their strength, to try to improve their health. And when they really want to go for esthetics, we're actually able with the SOLUS, we're actually able to do both. So I had a young man who was 19 years old and he was healthy but he was very small. He didn't have a lot of muscle mass. He didn't have a really didn't have a lot of strength either. And so what we did was we wrote a program for him. This was all programmed for him. This is the beauty of the automated resistance training. And so he would come in and he would do once a week. We did that for four weeks, and then afterwards... so we've now set this foundation of strength. Then after that, we would do one week where he worked out once, and one week where he worked out twice. And so now you're impeding that recovery process and now that's where you start adding mass. So any time we start adding mass, we're not recovering. Right. We're doing too much damage to the muscles. But that's what he wanted. We need to find this balance. So for him, it ended up being this program of once one week, twice the next, once the following. And we just did this rotation and in about--I think it was six months. He looked like a completely different kid. It was awesome. And

honestly, he was kind of the guinea pig for that protocol but that's when we really started to realize what we could do with us.

**Dr. Jay Davidson:** [00:32:33] So in other words, the once a week would be more strength building, and then the twice a week was more mass building to mix it up?

**Ariel Huskins:** [00:32:41] Yes, exactly.

**Dr. Jay Davidson:** [00:32:41] Wow that's really great to hear those type of stories. So let's say a clinician listening right now maybe PT, DO, DC, they're like oh I'm interested in this, but is this HIPPA compliant? I mean is this ok for an actual health clinic? Is there anything you can say on that?

**Ariel Huskins:** [00:32:59] Yes, as I mentioned in the beginning, my background was working in the wellness world. And I've gone through a lot of HIPPA compliance training. So when we designed the software for us that was the primary component we had in mind was making sure that patient data would be protected. And so basically every patient... you can have this sitting in your waiting room. And basically a client cannot access anybody's data. They can't access anything on this machine. Nor do they use their name for a logon. So we created this so they could create a username and password. So everything is protected. And then when they log in and all they're able to see is their information and whatever information that doctors give them access to in their profile. So when you look at the HIPPA compliance, when you look at all of that, we've got a triple layer of security. So that basically the doctor has a certain set of privileges or whomever is in charge of the clinic has a certain set of privileges with information they can access. Then there's a second tier where people can create, for example, a new user, but that would be like an employee. And then there's the actual end user. So we did this the security layer specific for clinicians so that they can put it anywhere that makes sense in their practice. And we tried to make it in a footprint that whether it's in a waiting room or back in a you know any of their treatment rooms that they're protected.

**Dr. Jay Davidson:** [00:34:42] That is great. I have to give you kudos Ariel. You know I e-mailed, like hey I'd like to interview you, and you're like just let me know if there's any questions. I was like oh, I just want to ask you about the technology and I literally didn't give you any other details. And so I feel like I was throwing you a little bit of curveballs there. But you and your company really seem very solid. Very, very much appreciative of your answers and transparency. You are also, at least from my knowledge, not the marketer. You're like the in the trenches, refining the technology--is that correct?

**Ariel Huskins:** [00:35:16] Yeah that's correct. So my joke with the team--so I am the CEO, and here that means chief everything officer. So not coming from a point of micromanagement, but coming from a point of the only way to really lead is to be in the trenches with your team and to know their struggles and to know on the customer side and on the development side and on the manufacturing side on the assembly side. For me to spend time in each one of those areas to understand the process--that's that's crucial. So and that's part of, you know you saying the curve ball thing. I try to position myself and the company so that we're ready for curveballs, so that we're ready for anything that's out there so that we're able to always innovate and keep moving forward. Our goal is to get this technology into the hands of as many people as possible because of the impact that it can have on their health. Look for example at youth sports right. How many kids are getting permanently damaged because they're trying to train like professional athletes they saw on YouTube. We can fix that. And so it's important to understand all the components so that I can enable my team to go do what they need and that we can actually go out and make that impact. We can keep kids from getting injured we can help people rehab. We can help people get fit. We can

help people save time, spend more time with their families. The benefits really don't end.

**Dr. Jay Davidson:** [00:36:52] Yeah I was thinking about that this morning working out. I'm like well you can go to Crossfit and get a hundred fifty dollars a month membership, or you get this machine which is probably you know triple the cost, yet the whole family could use it. And then you don't need to spend a hundred dollars a week on chiropractic care to repair yourself after Crossfit you know. So for kids... I have a 6 year old. Is this technology OK for her to work out with as well?

**Ariel Huskins:** [00:37:19] Sure. I think the youngest user I have right now is five.

**Dr. Jay Davidson:** [00:37:23] My daughter comes to the gym with my wife and I. We want to build in the culture. That's just what you do. You know like you go and exercise and move. So I would obviously be very curious about her and it. With a kid that's 5 or 6 or even 10 years old, is the session as long?

**Ariel Huskins:** [00:37:42] Not usually. And sometimes it's longer. Right. Kids have a really big battery sometimes. OK. And that's the beauty though. You're not going to mess with them, because you're able to look and have the data to see what works for your child.

**Dr. Jay Davidson:** [00:37:59] And I suppose some of it depends on the attention span of the child as well.

**Ariel Huskins:** [00:38:03] Yes very much so. Having a little bit of gamification on it I have found helps kids stay engaged with it. So they they actually want to compete. You know siblings like to compete with each other. I've got a family group that the whole family competes against one another. It's a little family competition then yeah. It's good for family time and it's good for everybody.

**Dr. Jay Davidson:** [00:38:30] As we wrap this interview up, is there any final thoughts or final things I might not have asked or that you want to touch on or any clarification at all?

**Ariel Huskins:** [00:38:38] No I don't think so.

[00:38:39] OK. Well I really appreciate you taking time out of the day to be on this podcast. I know this is not your typical thing to do public interviews and things but I will say you did a great job and really appreciate just sharing. I'm excited about the continued advancement in this area. I was really surprised at the fact that if you rent you can just continually get upgrades, so the early adopter isn't kind of shafted as new things come out. So it's really cool. But for the listener, if you're interested at all, I will put a link below this podcast you can go and check out the technology. Again if you go to [www.DrJayDavidson.com](http://www.DrJayDavidson.com) and click on the podcast you will find the automated resistance training podcast. And right below there'll be a video of Dr. Jockers and I actually using the technology. I highly recommend to go watch that video if you haven't seen it yet, because that will really make more sense of this technology to kind of get it into the brain. But we'll have a link right on that page as well so you can go check that out. Ariel, thank you so much for your time and just really excited as the fitness/exercise/health world continues to basically advance and using technology on our side too.

**Ariel Huskins:** [00:39:54] Yeah. Yeah thank you so much for having me. And I appreciate the opportunity.

**Dr. Jay Davidson:** [00:39:59] Awesome. We'll see you on the next podcast.

**Outro:** [00:40:01] Thank you for listening. If you found this podcast valuable, feel free to share with others. The information in this podcast is for educational purposes only. It is not intended to diagnose, treat, cure, or prevent disease. Please seek the advice of a health care professional before changing your health program or embarking on a new one. To find more information and additional resources, please visit us on [www.DrJayDavidson.com](http://www.DrJayDavidson.com).