

KARNATAKA STATE COUNCIL FOR SCIENCE AND TECHNOLOGY



A PROJECT REPORT ON

“EFFECTIVE UTILIZATION OF GYM WORKOUT”

A project report submitted in partial fulfilment of requirement of 8th semester
B.E course 2012-2013

Submitted by:

SATISH MATHPATI

(3RB09ME086)

SHARANABASAPPA B JUBRE

(3RB09ME089)

SHRIKANT

(3RB09ME093)

MURLIDHAR R.P

(3RB09ME114)

Under the guidance of:

Prof. SANJEEV DOIJODE



DEPARTMENT OF MECHANICAL ENGINEERING

BHEEMANNA KHANDRE INSTITUTE OF TECHNOLOGY

BHALKI-58532

ABSTRACT

Power roles more for development of any country .And every country is facing this problem due to huge requirement of power and fewer occurrences of natural non-renewable sources of energy. This system developed this mechanism to full fill this problem. [This project explains mechanism which was developed in order to get the free Energy from the gym workstation and convert that energy into electric energy, to satisfy minimum power requirement. This also aims to not to make pollution in environment to make it echo friendly.

This system harvests energy from the workouts at gym, making gear and chain arrangement. Large amount of electricity can be generated with useful work resulting in savings in a lot of resources. And if implemented will be very beneficial for everyone .We all need to do exercise in order to be fit and healthy in life, we all do various form of exercise daily such as walking, running, yoga, swimming etc. And today the world people are interested in joining gym for doing various exercises and are healthy and maintain fitness. During their workout they do lifting of different weight in various dimensions concentrating on their chest, biceps triceps leg and other parts to be stronger. Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health. It is performed for various reasons including strengthening muscles and cardiovascular system, honing athletic skill, weight loss or maintenance, as well as for the purpose of enjoyment. Frequent and regular physical exercise boost the immune system, and helps prevent the “diabetes of affluent design” such as heart disease, diabetes and obesity daily exercise work can be converted into useful work for generation of electricity. As we get free energy spending in springs and lifting load against the gravity we were using that energy to generate electricity without any use of fossil fuels .And generates electricity without any effort from gym center without producing any harmful radiation and fume and disposal. And it does not take any extra time to produce electricity.]