Inventions Synopsis

Title of work: A bicycle for exercise

Field: Health/Fitness

Source of inspiration for invention:

From life-bicycle travel is a very environmentally friendly and exercise mode of travel. Riding a bicycle can exercise the muscles of the thighs, calves, waist and abdomen, but not the arm muscles. And it is easy to give up after exercising for a period of time, and it is difficult to persist for a long time.

Improving life-so I thought of changing the hand to dumbbell to exercise arm muscles, and the energy consumed by exercise is converted into energy that can be collected in the "ant forest", which inspires people to exercise.

Production process:

(1) Design the appearance and function of the work according to the idea;

(2) Use 3D design software to draw 3D graphics with the help of the teacher;

(3) Use 3D printing technology to print the main body and parts of the work;

(4) Install the circuit, power supply, and assemble the bicycle with the help of the teacher.

Mode of operation:

On the basis of the traditional dynamic bicycle, the handle is changed to two side-by-side dumbbells, and the steering is realized by pressing the dumbbells, that is, pressing the left dumbbell to turn to the left, and pressing the right dumbbell to turn to the right. And it can achieve the purpose of exercising the arms and become a new way of exercise. In addition, the energy consumed by exercise can be converted into the energy in the corresponding APP, which becomes the energy value that can be collected in the "ant forest", so that everyone has the motivation to keep exercising.

Advantages of the work:

(1) New style of exercise: able to exercise the muscles of arms, legs, waist and abdomen at the same time;

(2) Simple operation: In addition to the same operation mode as an ordinary bicycle, you can also experience turning left or right to achieve a more realistic riding feeling by pressing dumbbells;

(3) Encourage exercise: Use energy-collecting methods to help people keep exercising.

Remarks:

(1) The attached drawing is a model drawing of the work.