

MULTI SMART GYM MACHINE

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ABSTRACT: Weakness is a big problem of our society in every person , this time covid-19 on this time we see every person to tired to increase stamina , so I thought I can make a smart gym machine which works in less space and less money in a smart fitness device.

The Smart Fitness Machine is an aftermarket product that is designed to automatically track a user's performance for a specific workout machine. The system offers a modular solution for any modern weight lifting machine that does not have a "smart" or internet connected feature. This product is inexpensive and offers an ideal solution for gyms to make their machines "smart" and upgrade a gym with modern specifications. This system eliminates the need for a user to manually record weight, sets, and repetitions during a workout.

The system also allows for a personal trainer or physical therapist to monitor a client's progress as well as give a client specific instructions without being present. The data gathered is displayed in a useful manner via Android phone and online. The system consists of a micro controller that is connected to multiple sensors on the machine. The micro controller collects sensor data and calculates the amount of weight, reps, and sets a user has completed on the machine.

Keywords: Less space, inexpensive, eliminates, client, specific.

INTRODUCTION:

Smart gym machine is known as which deliver the fitness of body and increase the stamina of body, this is the work or output of gym machine. There are some basic rule of gym machine

which are explain below, smart gym machine it is a process which in many steps,



OBJECTIVE

- To Design a multi smart Gym machine, which are different to another gym machine.
- Easy to operate.
- Requirements less space.
- Multi operation upon a single machine.
- Low cast.

NOVELTY

- Weakness is a big problem of our society in every person , this time covid-19 on this time we see every person to tired to increase stamina , so I thought I can make a smart gym machine which works in less space and less money in a smart fitness device.
- I put the machine name smart because it is very fast and its calculate digital data In this in use many types machine which known as running speed machine.

DESIGN WORK

1 Frame size: -The chassis of the vehicle is made iron rectangular section of * 5*3*6 fut dimension.

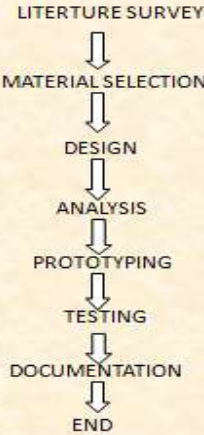
2 Wire strength: - 150 kg/5mm

3 Pulley size:- 3 inch

Project Modol



METHODOLOGY



USED IN GYM MACHINE



Components

Top gym etiquette rules

- Always ask. ...
- Put your weights back. ...
- Be mindful of your surroundings. ...
- Bring a towel. ...
- Clean up after yourself (and, if you have to, other patrons). ...
- Selfies: Try to be discreet about them. ...
- Personal space: respect it. ...

- Don't hog the equipment.

CONCLUSION

I hope you have enjoyed learning about how to stay healthy and fit. There are many ways to exercise along with many healthy foods you can eat to help stay fit. When exercising it is good to make sure your pulse rate is good, and that you warm up your muscles before exercising and to make sure you do a cool down to help your muscles cooldown.

When making sure you are exercising right or eating right it is best to use an activity pyramid to keep track of all the different kinds of activity you do. To make sure you eat right it is best to check the nutrition label on the back of every food to make sure you are consuming the right amount of calories.

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