iJRASET
International Journal For Research in Applied Science and Engineering Technology

# INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

**Volume:** 11 **Issue:** V **Month of publication:** May 2023

**DOI:** https://doi.org/10.22214/ijraset.2023.53260

www.ijraset.com

Call: 08813907089 | E-mail ID: ijraset@gmail.com

International Journal for Research in Applied Science & Engineering Technology (IJRASET)
*ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538*
*Volume 11 Issue V May 2023- Available at www.ijraset.com*

# Power Generation using Gym Machine

Amit Kumar Pandey[1], Deepak Prajapati[2], Abhijeet Raj[3], Akhand Pratap Singh[4], Ved Prakash Pandey[5]
[1, 2, 3, 4]*Student,* [5]*Assistant Professor Department of Mechanical Engineering Buddha Institute of Technology Gorakhpur, India*

***Abstract:*** ***Renewable energy sources have become increasingly important as conventional sources deplete. This project involves a gym machine that harnesses power from human users to function both as an exercise machine and power generator. The machine's reciprocating motion is converted into rotary motion using a flywheel arrangement, which is then increased via a gear box, allowing for the generation of electrical energy using an alternator. The power generated through this pull-up/pull-down method is highly efficient, as 95% of the exerted effort is converted into energy. This system serves two purposes by creating resistance in the movement of the forearm and simultaneously generating power from this motion. This project is a creative and innovative way to utilize renewable energy sources while also promoting exercise and physical fitness.***
***Keywords: DC Generator, flywheel, Battery, Gear Box, Led Lamp etc.***

## I. INTRODUCTION

With the ongoing advancements in research and development, industries, hospitals, and colleges require an uninterrupted supply of electricity for their day-to-day operations. The concept of "pull up pull down power" involves harnessing the energy produced by humans through a rack and pinion system. This technology is commonly used in gyms and houses, and can also be used to power agricultural and hand tools or even generate electricity. Since humans have been relying on energy at an increasing rate for their sustenance and well-being since their inception, many energy resources have been depleted or wasted. Therefore, proposals to utilize waste energy from power generation through gym pulleys are highly relevant, particularly in densely populated countries like India and China where people are enthusiastic about working out. One solution to generate power from gym equipment is to harness the mechanical energy produced during workouts and convert it into electrical energy. Typically, the energy expended during a workout is wasted in the mechanics of the equipment. This project seeks to harness the mechanical energy of the machine and convert it to electrical energy. The proposed forearm gym equipment will produce energy from the moving parts of the gymnasium machinery, increasing the potential for renewable energy sources. With the development of modern technology, it is becoming increasingly possible to use human power more efficiently.

Overall, the use of "pull up pull down power" technology can help mitigate energy wastage and contribute to sustainable energy practices. By utilizing waste energy from gym equipment, it is possible to generate electricity, reduce energy consumption, and enhance the potential for renewable energy sources. Additionally, this technology can be used in a variety of settings, including agricultural and hand tools, highlighting its versatility and potential for widespread use.

## II. LITERARTURE SURVEY

1) *Power generation through gym equipment Author: - Ansari Saddam hussan, Gujja Govardhan,Gund Kumar, Mohd ahmad, Vivek Tiwari.*

The objective of this paper is to utilize the mechanical energy of a machine and transform it into electrical energy via a generator-based system. The resulting energy will then be employed to power various small devices, such as bulbs and cell phones.

2) *Energy harvesting from gym equipment. Author: - Madhup kumar, Dr. G.S. Mundada*

This paper focuses on exploring methods for generating electrical energy from gym or exercise equipment. Due to the health-conscious nature of urban areas, individuals typically spend an average of one hour exercising in a gym to maintain their physical health.

3) *Power Generation through Gym Equipment. Ansari Saddam Husain, Gujja Govardhan, Gund Kumar, Mohd Ahmed, Vivek Tiwari, Yakub Khan*

The main goal of this paper is to generate power using Gym Equipment, although the amount of power generated is limited to around 30-40 watts and is not continuous. Due to the utilization of a high number of mechanical parts, the power generated is less than optimal.

*ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538*
*Volume 11 Issue V May 2023- Available at www.ijraset.com*

*4) Turning Workout into Electricity Using Lat Pull-down Machine: Saylee Bidwai, Amruta Jaykar, Shivani Sinde*
The primary aim of this project, as discussed in this paper, is to address the issue of energy demand and scarcity in rural areas by utilizing cycling equipment. The prime mover, which is a crucial component of the equipment, is used to power a 250W, 24V, 2650rpm motor. To convert DC voltage to AC voltage, a 12V, 7.5Ah battery is utilized. The energy produced by the equipment can be used to power various devices such as light bulbs, laptops, and mobile phones, thereby reducing electricity shortages in villages.

*5) Energy Harvesting from Gym Equipments. Madhup Kumar, Dr. G S Mundada,*
The primary aim of this paper is to generate electricity from gym equipment. The power produced by a single exercise machine can save up to 288 rupees per month, which is equivalent to running a ceiling fan.

## III. PROBLEM IDENTIFIED

The primary objective of this project is to harness human-generated power from gymnasium equipment in order to generate electricity.
This goal will be achieved through the use of forearm gym equipment, which will be supplemented with a Flywheel, battery, alternator, and spring to create a complete system.

## IV. METHODOLOGY

The purpose of this paper is to explore the potential of generating power from the energy spent by people while working out on exercise equipment in gyms. Specifically, the paper proposes a modified stationary gym equipment that can convert the energy spent by a person using a weight machine into electrical energy.
The proposed machine is essentially a human-powered generator that utilizes a wheel to deliver power to a stepper motor when pressure is applied.
The stepper motor produces AC output, which can be converted into DC electrical energy and stored in power packs or batteries. This energy can then be retrieved for use.
By harnessing the energy that is usually wasted during workouts, this machine can contribute to the reduction of energy demand and promote sustainability.
Furthermore, the paper suggests that the proposed technology can have potential applications in rural areas where electricity is not readily available, and the energy generated can be used for lighting and charging small electronic devices such as mobile phones and laptops.
Overall, this paper highlights the potential of using human-powered generation to generate electricity and promote sustainable energy practices.

## V. OBJECTIVE

*1)* To harness human effort to generate electrical energy.
*2)* To explore and develop new sources of renewable energy.

## VI. COMPONETNS USED

*1)* Wire rope and pulley
*2)* Gear box
*3)* Dynamo
*4)* Load
*5)* Flywheel
*6)* Frame
*7)* LED bulb
*8)* Invertor

## VII. BLOCK DIAGRAM AND MODEL OF GYM MACHINE

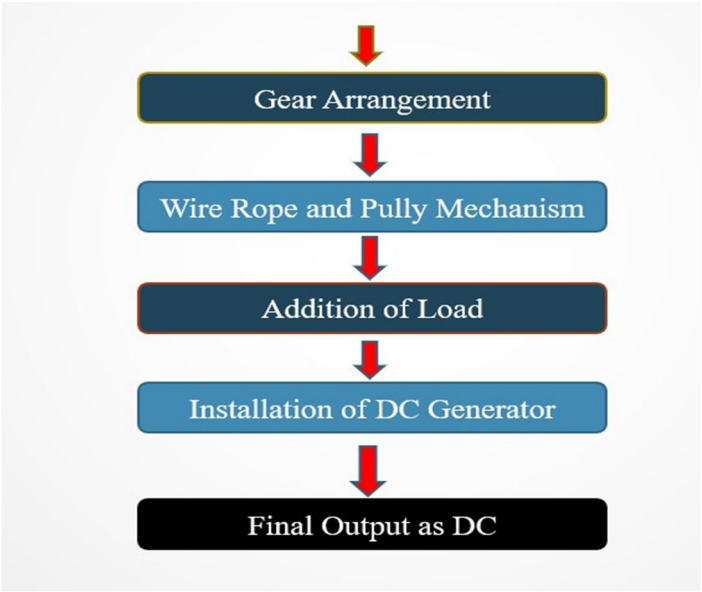



Fig 01. Block Diagram

Fig 02. Final Project

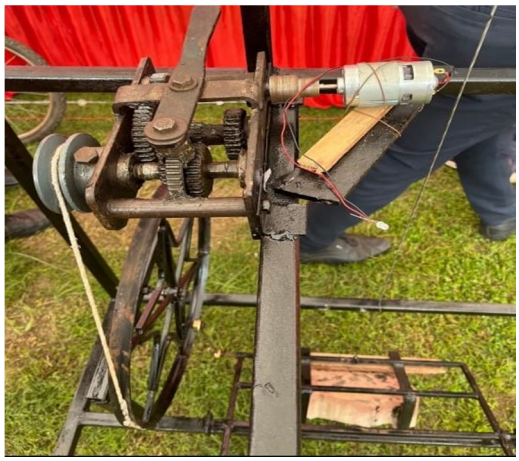


Fig 03. Gear Arrangement

*ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538*
*Volume 11 Issue V May 2023- Available at www.ijraset.com*

## VIII. APPLICATION

*1)* Power-generating gymnasium equipment can be used in schools, colleges, gym centers, houses, public parks, etc.
*2)* This equipment can be used to glow LED lamps, and charge electrical devices, and also power can be stored.

## IX. CONCLUSION

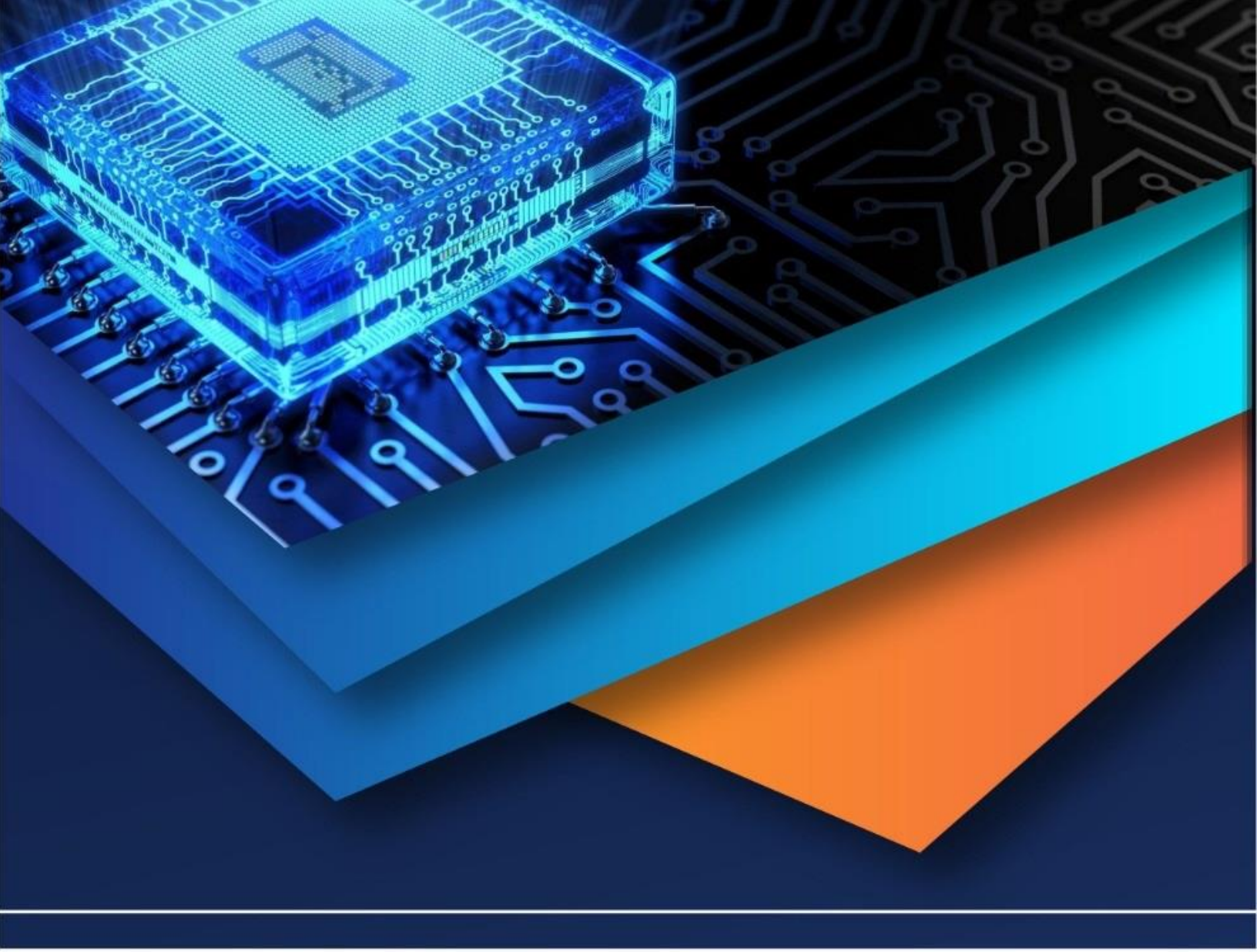
We have developed and implemented new exercise equipment that generates electrical power for household appliances. The complexity and accuracy of these models vary, and the appropriate model should be selected based on the intended use. This technology would be particularly beneficial in rural areas, where sourcing electrical power can be challenging. As the world is increasingly focused on responsible energy sourcing, this innovation has the potential to contribute significantly. If additional research confirms its effectiveness in reducing energy use, providing localized energy delivery, and promoting sustainability education, this concept could be a valuable contribution with further development.

## X. ACKNOWLEDGEMENT

Every project owes its success to the contributions of many people, and it is the responsibility of the author to express gratitude. The authors are grateful for the assistance of scholars whose work is cited and referenced in this project. We would like to extend our sincere thanks to our project guide, Asst. Prof. Mr Ved Prakash Pandey, for his invaluable cooperation and guidance. We would also like to acknowledge our Director, Prof. A K Pandey, for inspiring us and providing us with the necessary laboratory facilities and internet access that aided us in completing this project. Finally, we express our appreciation to all those who have knowingly or unknowingly supported and encouraged us throughout our project.

## REFERENCES

[1] S. Sri GurudattaYadav, Research Scholar, DrR.V.Krishnaiah“ POWER GENERATION BY GYM PULL UP” International Journal of Computer Engineering & Applications, Vol. II, Issue I/III July 2018.
[2] Aishwarya Patil, Anil kumar Daharwal, Ankur Harshe, Mohnish Gakare, Monika Taj Anwar. “HUMAN POWER GENERATION” International Journal of Advanced Research in Computer and Communication Engineering Vol. 2, Issue 3, March 2017.
[3] Mohamoud A. Hussein, AhmedS.Ali, A.B. Sharkawy and Abdelfatah M. Mohamed. “POWER GENERATION BY GYM” International journal of control, automation and systems vol.3 no.3 JULY 2020.
[4] Gym power generation mechanism, P.V.Shingare, V.B. Somavanshi, T.P. Tore, V.K. Sonawne
Generation of electricity using human energy at the gym Amar hebbar
[5] Rocky KatochM.and Murali Prabhu (2012), „The Pedal Power Generation“, International Journal of Engineering and Science(Vol.7), ISSN 0973-4562.



10.22214/IJRASET

45.98

IMPACT FACTOR: 7.129

IMPACT FACTOR: 7.429

# INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY