

INDOOR BICYCLE EXERCISER

Prepared by: Teo Kai Shen, Wong Kwan Voon, Koh Soon Teik, Muzaidi Bin Mhd.

ABSTRACT

What is an Indoor Exercise Bicycle? Indoor Exercise Bicycle is a device that people use to exercise their legs rather than using a bicycle for convenience purposes. The users do not have to travel around to get their healthy life style but instead uses the Indoor Exercise Bicycle in the comfort of their home. The indoor exercise bicycle is useful especially during raining.

How does an Indoor Exercise Bicycle look like? A atypical exercise bicycle consist of a comfortable seat, a handle bar, a pair of paddle, a crank and its shaft (can be n 2 form, either 1 piece or 3 piece), a sprocket, a freewheel, a connecting chain, and a flywheel with a tension bet o give the user some extra resistance.

A modern day indoor exercise bicycle has electronic devices besides the basic package such as pulse-meter and timer to give the consumer extra information about their performance during cycling.

In this project we are required to add some extra futures to the existing indoor exercise bicycle such as foldable or easily dismantled and stored away when the consumer decide not to use it anymore.