

DESIGN AND FABRICATION OF TREADMILL BICYCLE

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The project describes a unique treadmill bicycle that smoothly integrates the benefits of outdoor jogging with the convenience of indoor riding. By combining a conventional cycling frame with a treadmill platform, the treadmill bicycle enables users to replicate riding a bicycle while walking or running in place. Technical factors and distinctive features are highlighted in the detailed explanations offered for the frame, treadmill belt, and other components. High-intensity, low-impact exercise on a treadmill bicycle has been proven to be helpful through performance testing. This not only fits the needs of fitness enthusiasts, but also addresses the growing desire in environmentally friendly and cost-effective exercise options. To produce a more interesting workout, future developments in this concept might concentrate on enhancing mobility, user comfort, and technological integration. Apart from its inventive layout and capabilities, the treadmill bicycle concept provides an adaptable exercise choice appropriate for individuals with different levels of fitness. It is perfect for both home and gym environments due to its small size and simplicity of usage. Moreover, the use of interactive elements and digital connectivity may improve the user experience even more, adding interest and enjoyment to exercise.