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Coen 120
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Personal Project Proposal *Elliptical Machine*

The goal is to design an elliptical machine that is usually found in any common gym. Once the user wants to use the machine, he/she will either have to press Enter to go through a series of steps for a custom work out or press Start to work out manually. If the user presses Enter the machine prompts him/her to enter his/her body weight, workout time and a specific course. The user can manually, during the work out at any time, change the resistance and time.

The display will show the user what parts of their lower body he/she is working out. Other information will be included such as calories, heart rate, time left, time of each interval, what level the elliptical is on, etc.

To make it more complex I can add a sensor onto the steps so when a person places their feet on them or starts to work out, the screen will prompt them to enter information.

APPROVED

AS IS