

THE WORKOUT ORB



Keywords

Arduino,
Measurement of
muscle activity

Input

Rotation / muscle
activity via
wristband

Output:

Illumination of a
translucent orb,
Sound

Technology:

Arduino
EMG Sensor,
Gyroscope,
colored LED's

THE WORKOUT ORB

Description:

The Workout Orb (formerly: Weather Orb Muscle Cool Trainer) is a device that allows you to keep track of the progress in your workout (such as lifting weights) as well as to improve its quality.

It consists of a wristband worn near the elbow that measures the rotation and muscle activity of ones arm. It then sends this data to the Arduino and thus triggers the feedback in the second component, the actual orb. This component consists of a translucent orb that is filled with water, which, when turned on, is nebulized to form mist. It is then illuminated by LEDs to give visual feedback. The orb also harbors a small piezo element that additionally allows feedback in the form of sounds and melodies.

Links:

<http://sketchingwithhardware.wordpress.com/2013/08/20/the-workout-orb/>

