Figure 3. Flywheels store the energy of your pedalling. A heavy wheel (30-60lbs) with good bearings is best.

Groove for a v-belt or slightly convex for a flat belt

20-26" flywheel

Figure 2. Close-up view of Gearing under the Maytag

Gearbox on Maytag

Ball bearing in housing with zinc fitting

4-5" pulley

5.5"-6.5" pulley

Anchor bolt

-Wringer

-Vintage Maytag Washing Machine

-Agitator

-Belt Gearing (see figure 2)

A/B*C/D= RPM of D/RPM of A

Figure 1

Exercise bike

Flywheel

V-belt

Pedal Power Washing Machine

07-10-00

Campus Center for Appropriate Technology

Drawn by: Matthew W. Rhode

Built by: Bert Orlando and LIlei engineering students