

# Mechanical Power from Human Exercise

How do we turn a drive shaft?

Using mechanical power for mechanical purposes is the most reasonable energy solution for society's most essential functions.

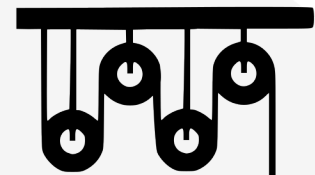
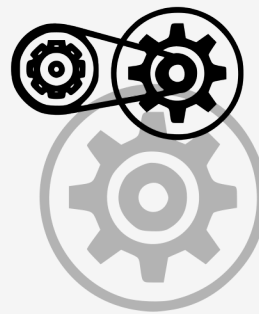
*we have plenty of working examples of bicycle-powered food-blenders, bicycle-powered bandsaws, rowing machine powered laundry machines, and so forth*



exercise  
+  
mechanical  
advantage

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**energy**

*what we don't have is even modestly intelligent use of mechanic advantage to convert exercise into practical purpose*



heavy,  
like  
1000lbs  
maybe

**needs  
R+D**

stored in a gravity battery  
& available for use later or now

flywheel

To utilize energy stored in a gravity battery:

- lower battery/payload to spin-up the flywheel
- adjust RPM
- use drive shaft to power: food processing, laundry, textile machines, woodworking, mechanics etc

