



## **Heavy Bag Lifting Machine.**

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### **ABSTRACT**

Content production is the most important system. This system is used for material short distance option. System refers to the equipment and manufacturers involved in moving, collecting, and protecting materials throughout the system. Tackle is a big part of it. Lifting tackle is mostly used in manufacturing or workshop for handling of products. Some special products require special tackle for movement, for example the assembly line of the automobile industry in which they need special tackle to handle the car body, the assembly line of the aircraft industry. We focused on the production of train bogies in the workshop of the locomotive industry because such an industry requires the production of heavy loads in a minimum space rather than in a bogie. This reduces the damage caused to the body, and reduces the suffering of the farming class in this family. This we made can independently weigh up to 60 kg.

**Keywords:** Rain, Sensor

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### **1. Introduction**

Heavy bag lifting, also known as heavy bag training is a popular form of exercise that involves Punching and kicking a heavy bag. Boxers, martial artists, and fitness enthusiasts to improve their strength, endurance, coordination, and technique often use it. When performing heavy bag lifting, you will need a heavy bag that is securely hung from a ceiling or a sturdy stand. The bag should be filled with sand, sawdust, or other materials to provide weight and resistance. Before starting your heavy bag-lifting workout, it is important to warm up your muscles with some Stretching exercises and light cardio. You should also wear appropriate gloves and protective gear to avoid injuries.

To begin, stand in front of the heavy bag and assume a fighting stance. Start by throwing jabs, Crosses, hooks, and uppercuts at the bag. You can also incorporate kicks, knee strikes, and elbow Strikes if you are familiar with these techniques. Make sure to use proper technique, maintain your balance, and form throughout the workout. It is also important to vary your punches and strikes to keep your muscles engaged and prevent boredom.

As you progress in your heavy bag lifting training, you can increase the intensity and duration of your workouts. You can also incorporate interval training, where you alternate between periods of High-intensity punching and rest or lower intensity punching.

Heavy bag lifting is a challenging and rewarding form of exercise that can help you improve your Physical fitness and martial arts skills.

#### ***1.1 Principle***

The hypothesis of this project is to convert human energy into mechanical energy in the form of energy. This requires less human power and more. The work will be done in less time. Get as close to the load as possible. Try to keep your elbows and shoulders close to your body. As you lift, keep your back straight, tighten your abdominal muscles, bend your knees, keep the weight close to you and centered in front of you, and look up and forward. Hold on tight and don't twist yourself while lifting.

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### **2. Literature Review**

A literature review is a comprehensive review of the existing literature or research on a particular topic or topic. This includes researching and analyzing relevant sources such as books, journal articles, and other scholarly publications to identify gaps, trends, and potential areas for further research. The purpose of a literature review is to comprehensively understand the current state of knowledge on a topic, identify key research questions or problems, and evaluate the strengths and weaknesses of existing research.

Literature reviews are usually carried out as part of academic research, particularly in the natural sciences, social sciences and humanities. They are also useful in commercial and industrial settings as they aid in market research and product development.

A literature review is a valuable tool for gaining insight into the current state of knowledge on a topic and identifying potential areas for future research or exploration.

### 3. Design



**Fig. Heavy Bag Lifting Machine**

#### 3.1 List of components used

1. Nut Bolt
2. Wheels
3. Axle
4. M.S. Circular Pipe
- 5.M.S. Channel Pipe
6. M.S. Rod
7. Handle
8. Fulcrum Pin

#### 3.2. Part list Dimensions:

SR.	PART NAME	DIAMENTION IN (MM).
1.	Lever (Handle)	1859 mm
2.	Stand	944 mm

3.	Wheel	121 mm
4.	Hanger	1828 mm
5.	Clamper (clamping)	1645 mm
6.	Support For Clamper	61mm

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#### 4. CONCLUSION

It is concluded that the laborious human labor required to lift a heavy load can be eliminated and a single person can easily lift the maximum payload. farmers are working hard to reduce the burden this system can cause. Onions or bags of dung are easily collected and a man can be moved from one place to another with ease. This system can be use in commercial, industrial, agricultural, construction sites, for transporting heavy bags, as well as for transporting bags of vegetables.

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