

MSC 1 HYPERBODY

WEEK 07: WORKSHOP DEC. 11TH - DEC. 15TH

BEWAR AHMED - NINO SCHOONEN

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2 CONCEPT

CONCEPT

1a Concept



Weight loss

Calorie burn:

Many reps,
Long rest time,

Small distance



Interval

Explosive:

Fewer reps,
Low rest time,

Small distance



Condition








Endurance:

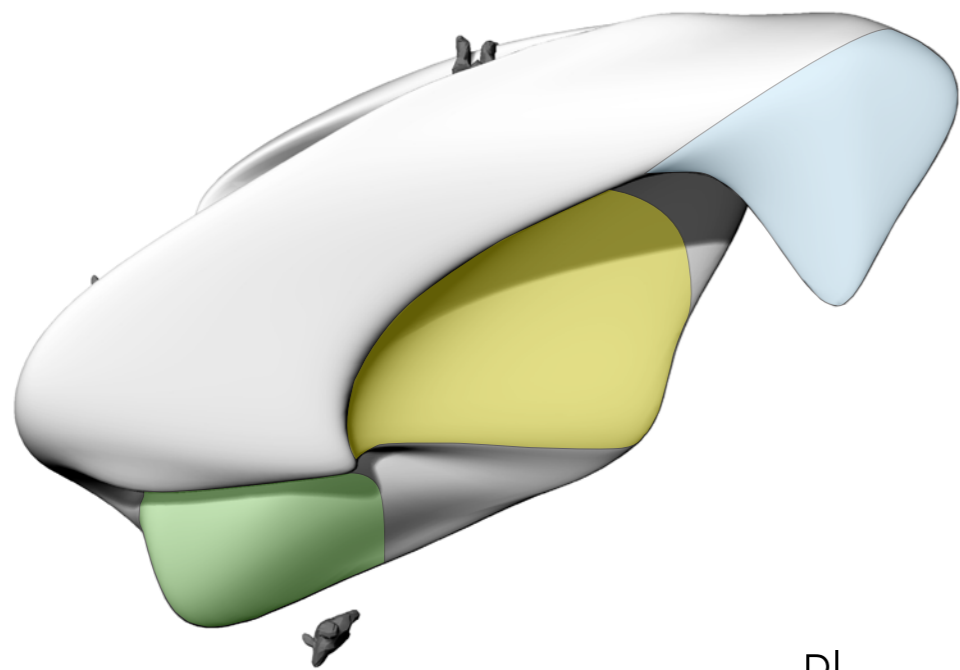
Many reps,
Low rest time,

Long distance

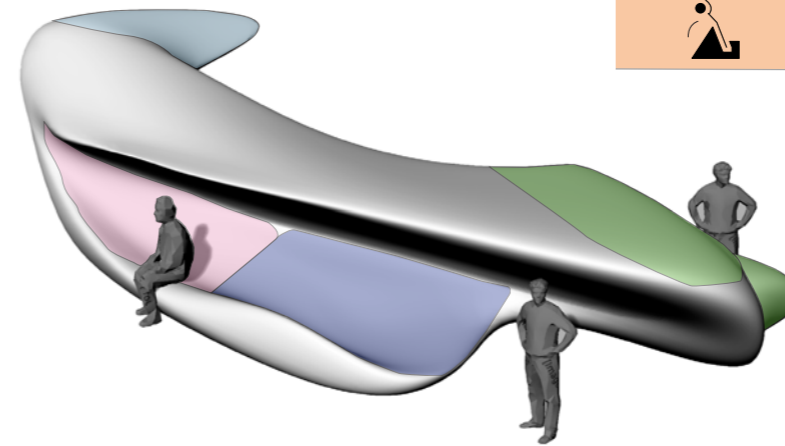
CONCEPT

1b Macro form design

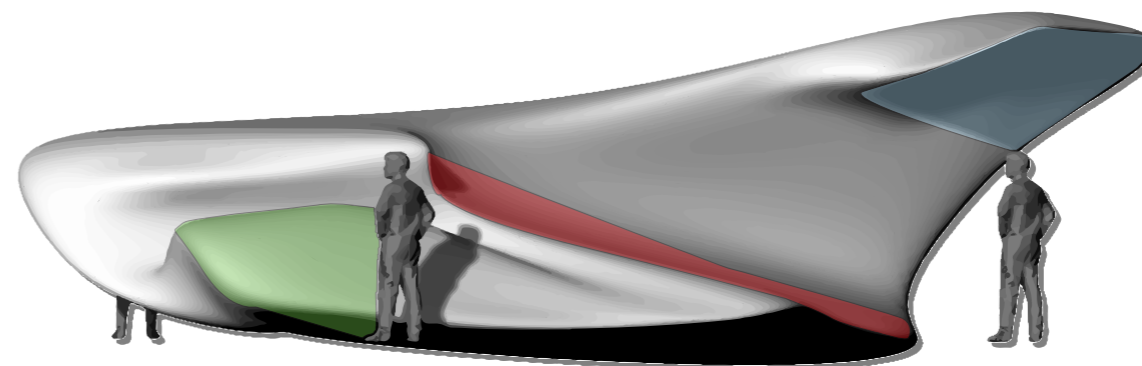
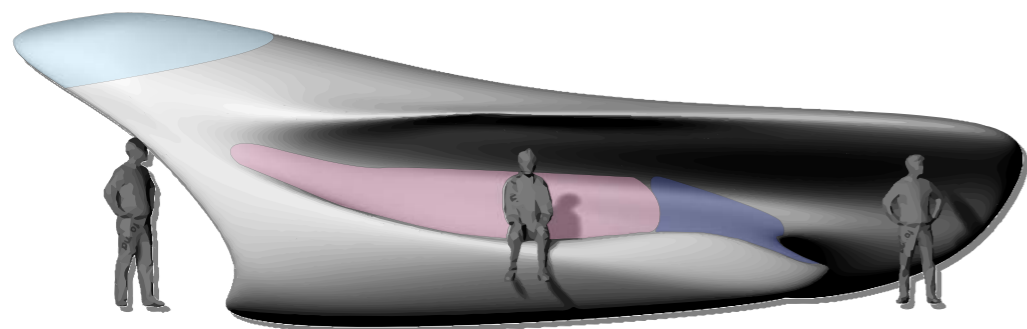
- 
Sitting
 - Weather proof,
 - Soft: comfortable to sit on
 - Durable
 - Strong (vandalism-proof)
- 
Laying
- 
Stretching
 - No need for soft/comfortable surface
 - Avoid dirt from shoes
- 
Sit-ups
 - Breathing surface (as people sweat)
 - Soft but strong surface
- 
Pull-ups
 - Bar should provide extra grip for hands
- 
Leg-raises
 - Hands need grip support
 - Surface you lay on needs to breathe
 - Soft but strong surface
- 
Back-raises
 - Heels and knees area soft but strong
 - Upper leg surface soft but strong



Plan view

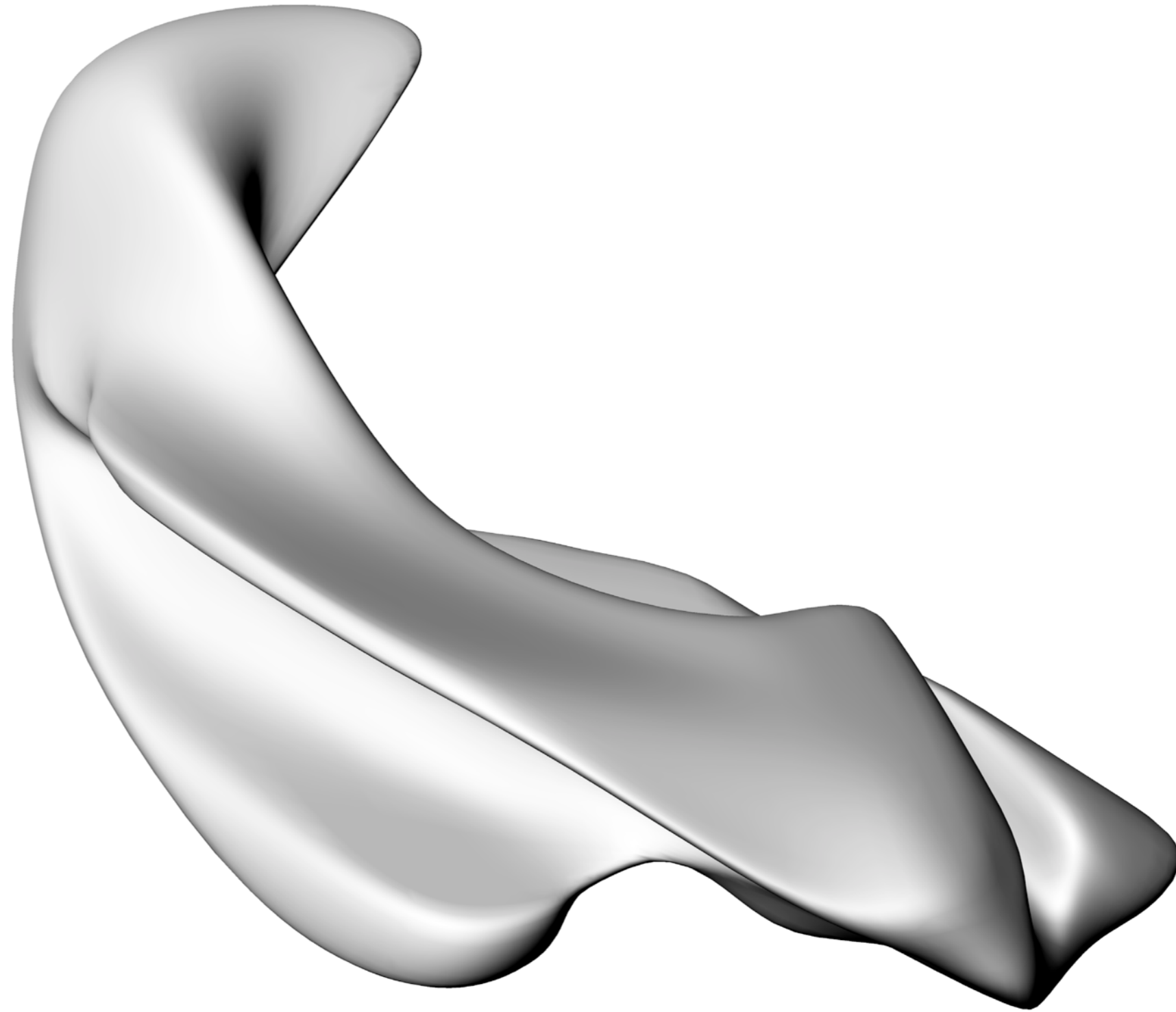


Perspective I



CONCEPT

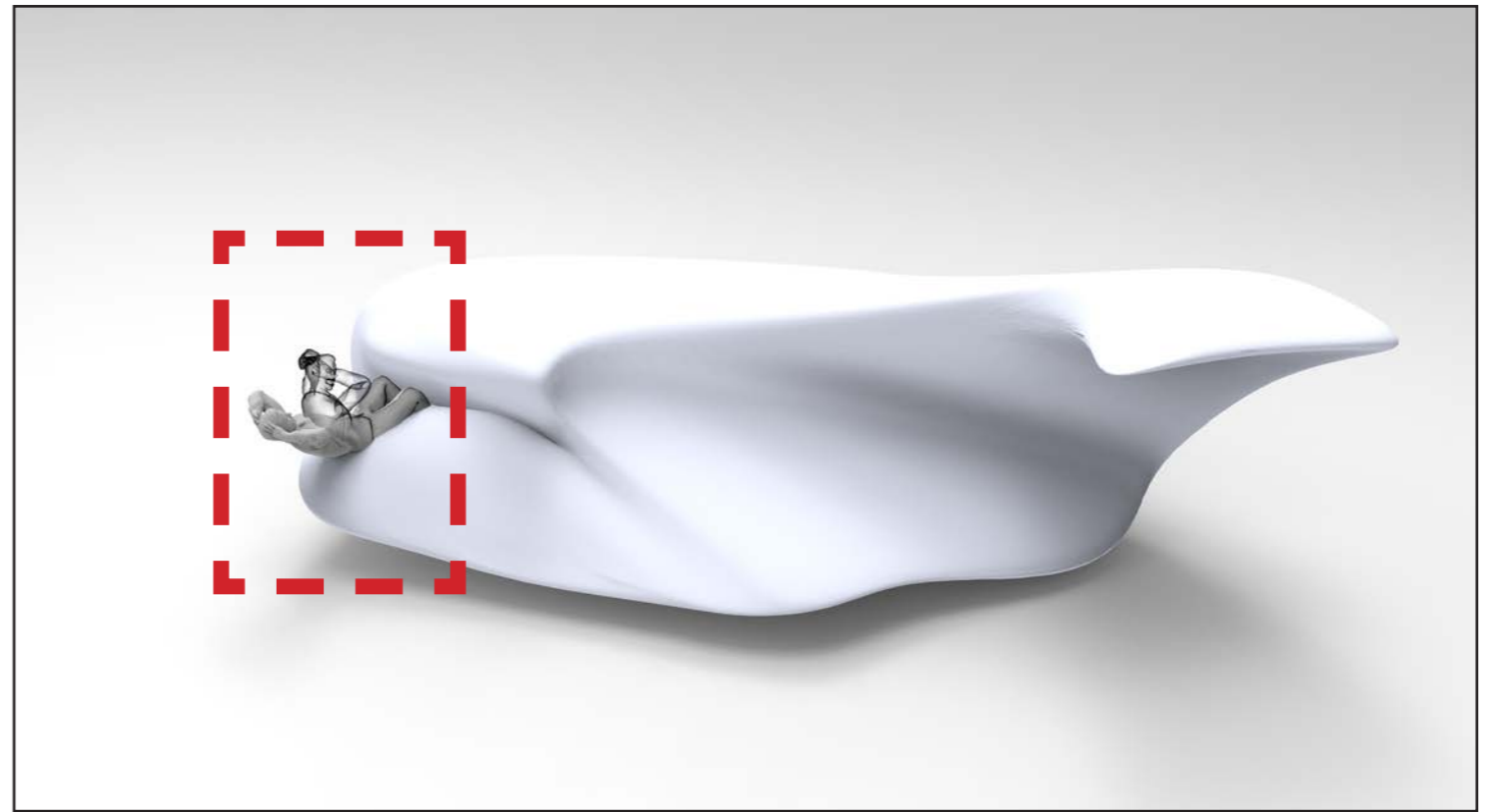
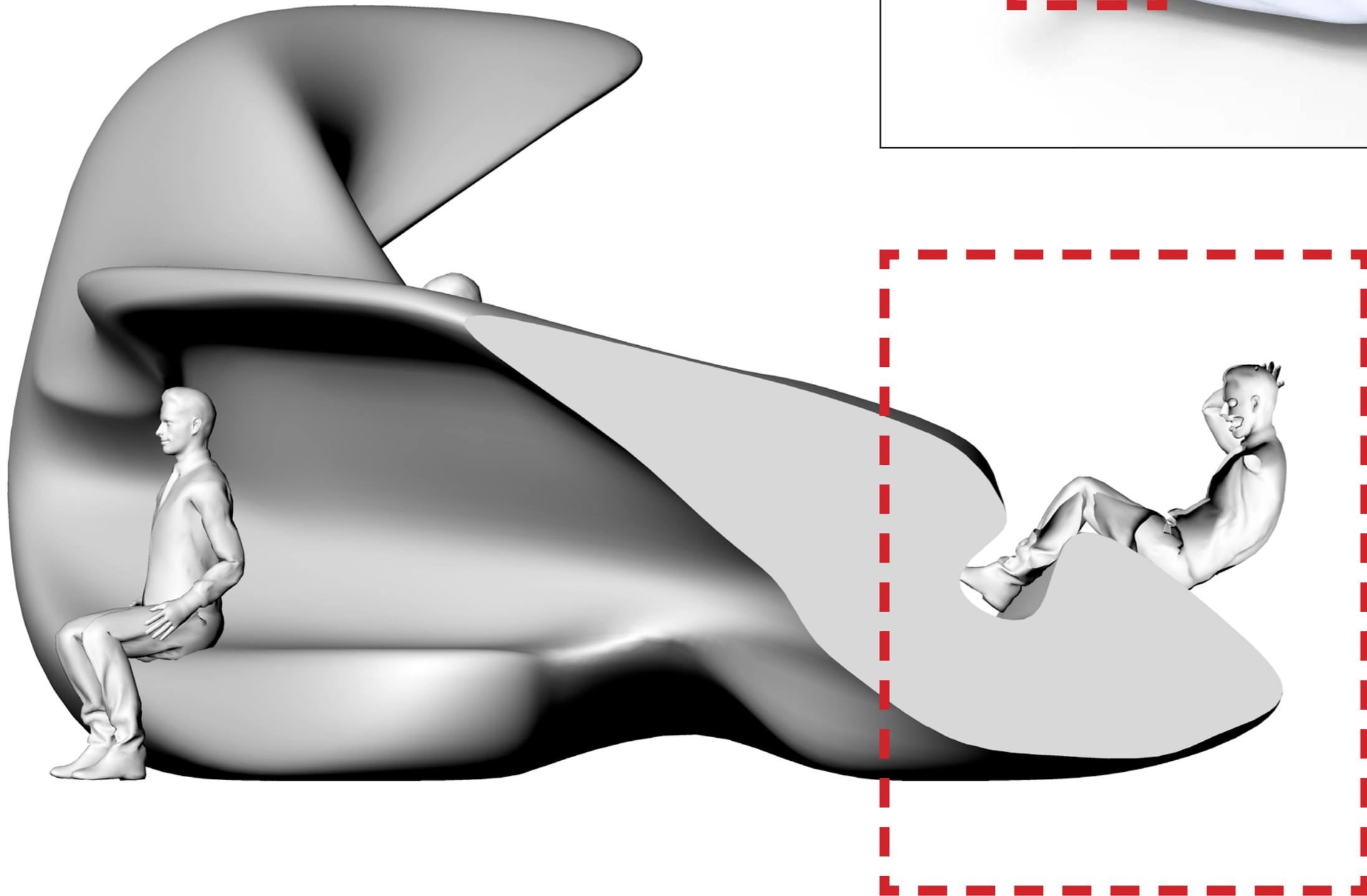
1b Macro form design



Z FRAGMENT

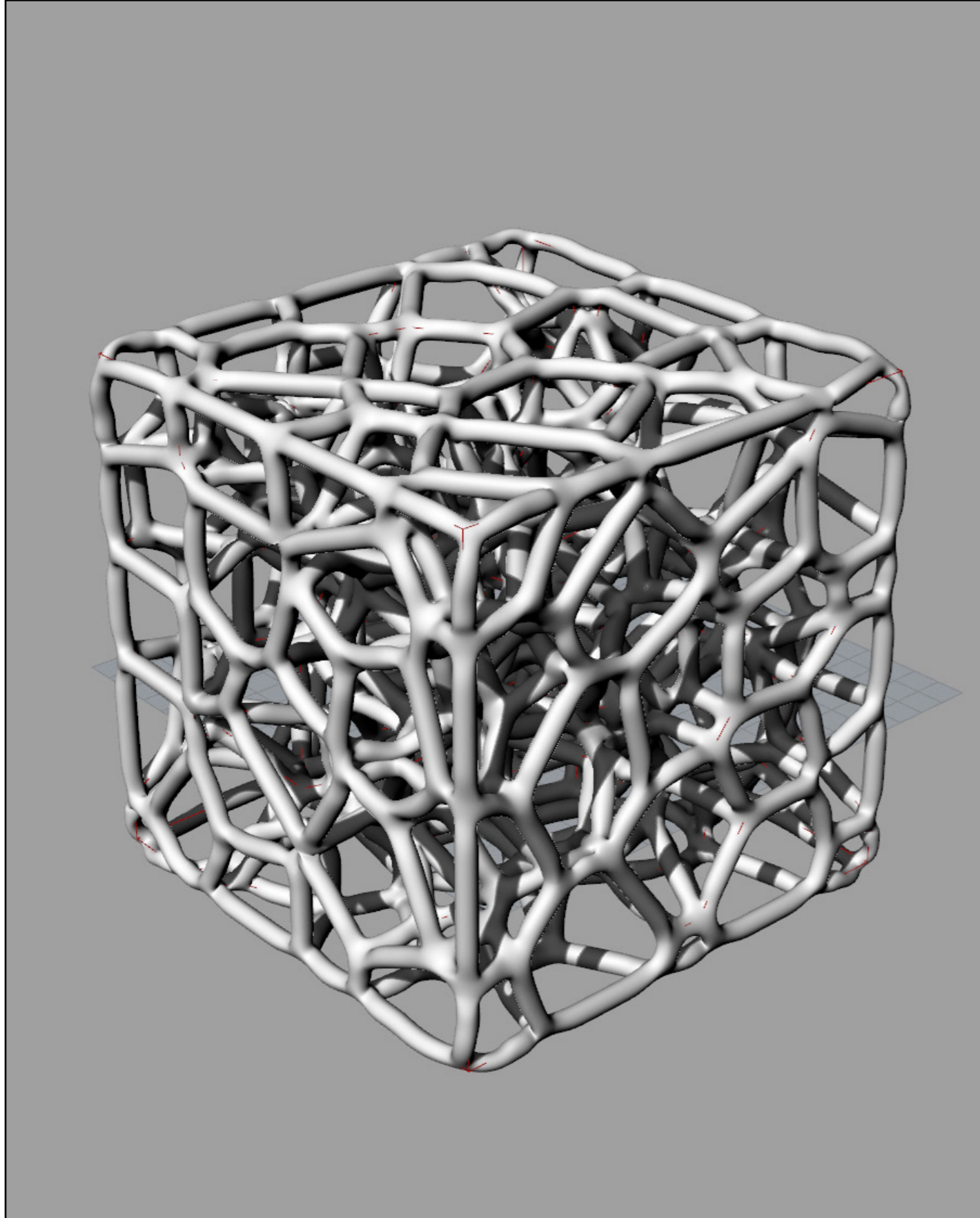
FRAGMENT

2a Workshop process

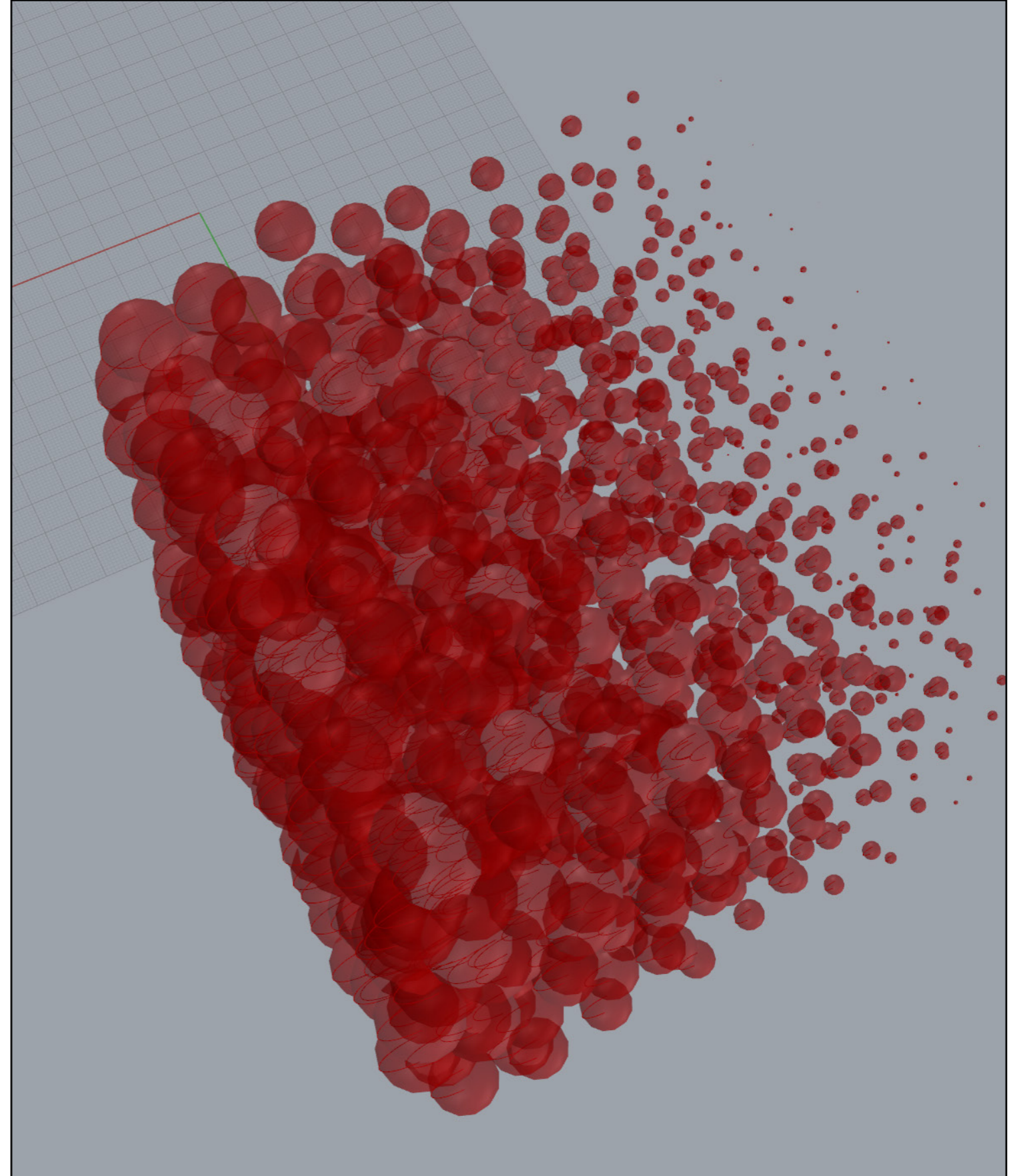


FRAGMENT

2a Workshop process

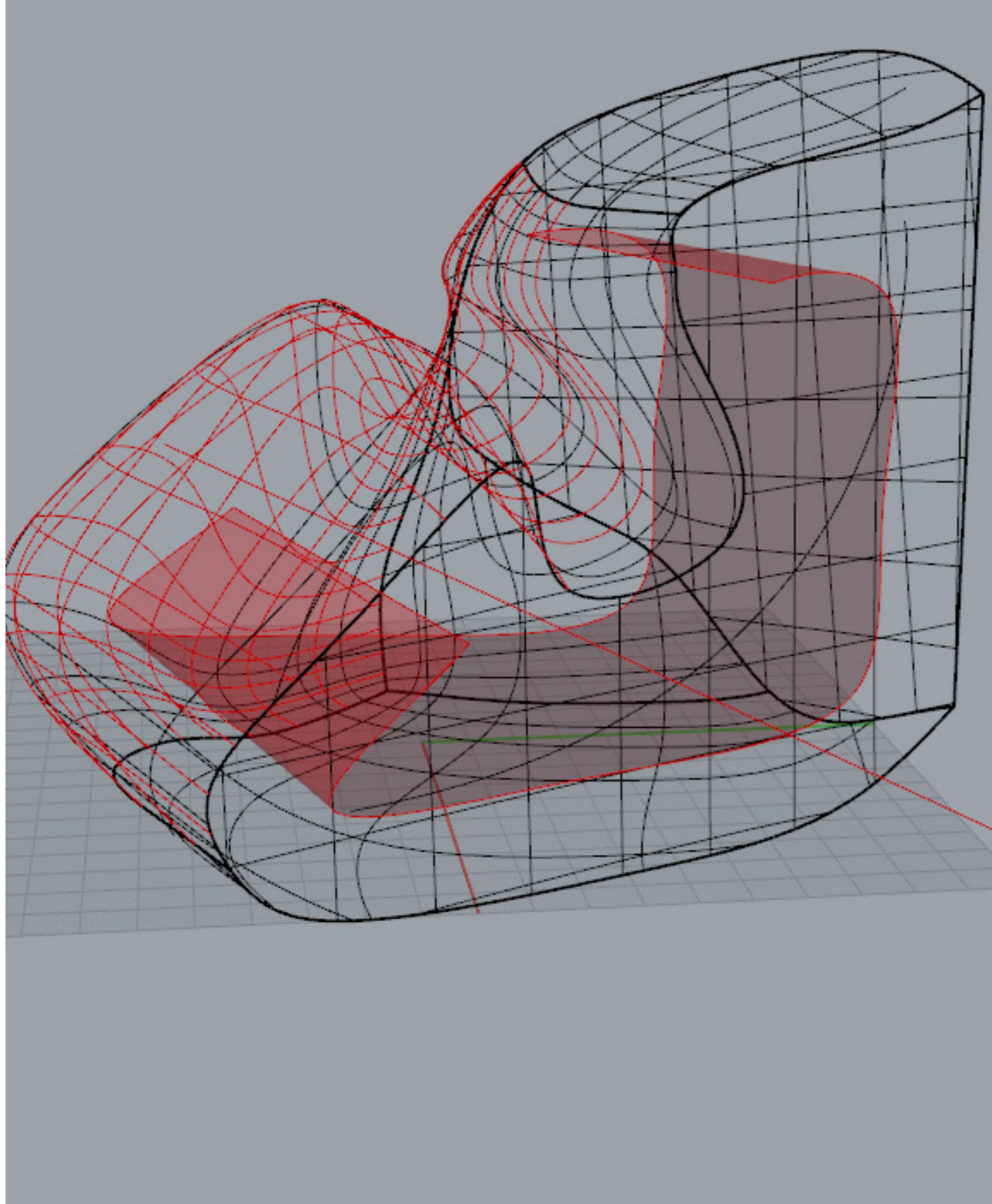


ATTEMPT FOR THIS WORKSHOP

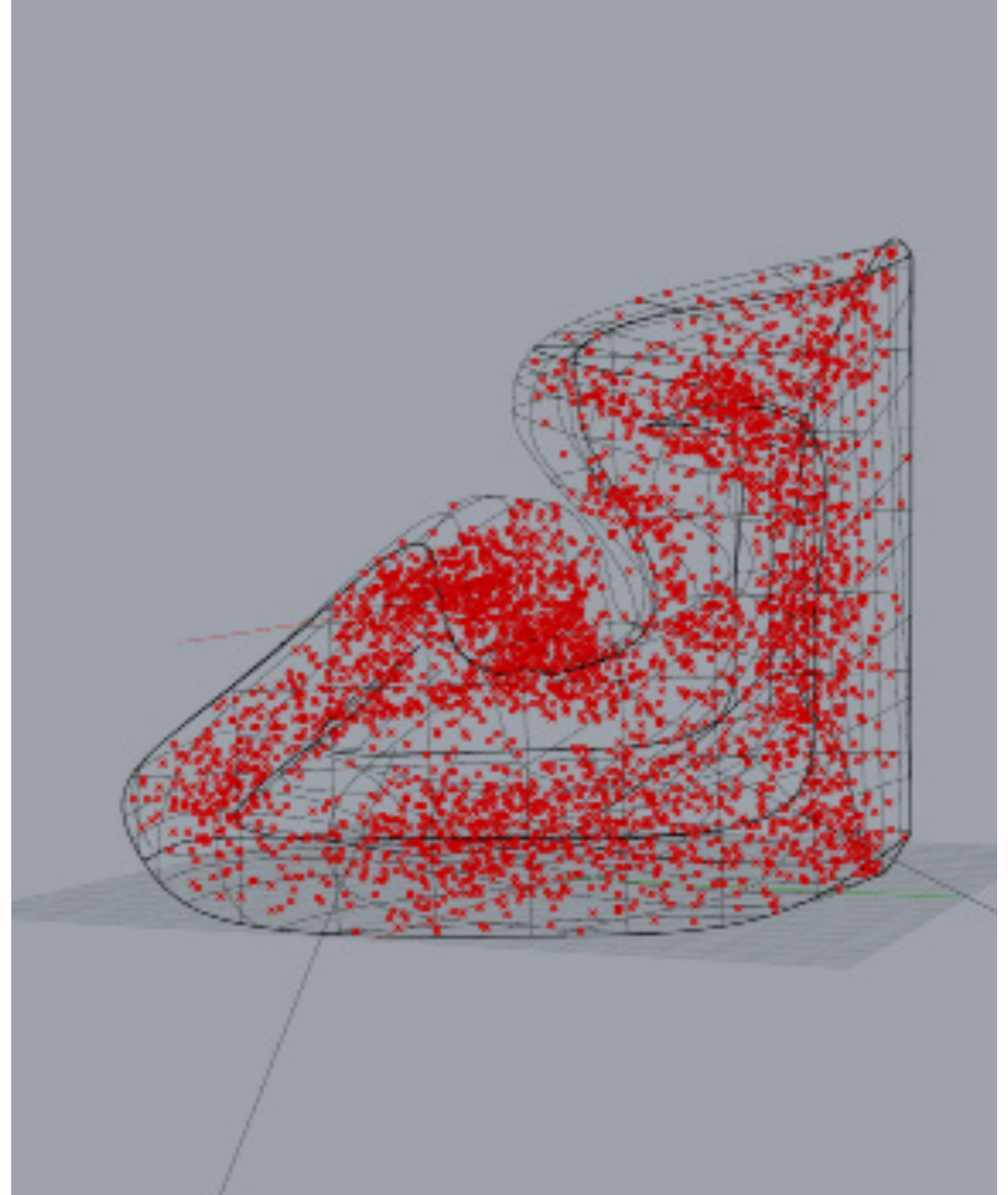


FRAGMENT

2a Workshop process



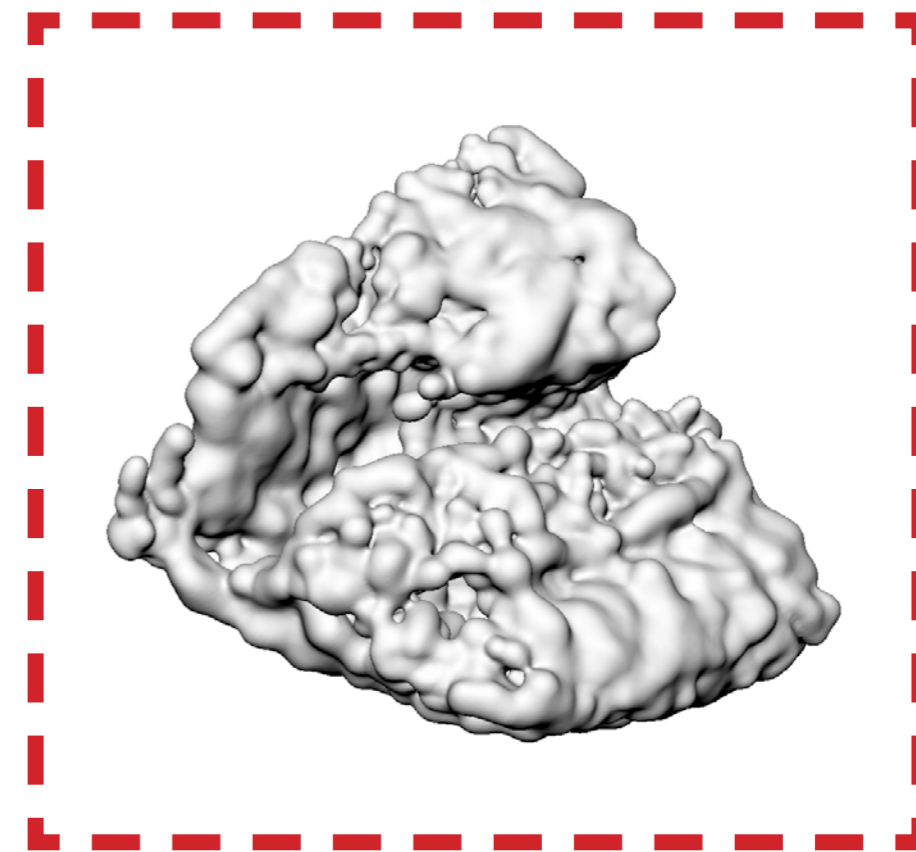
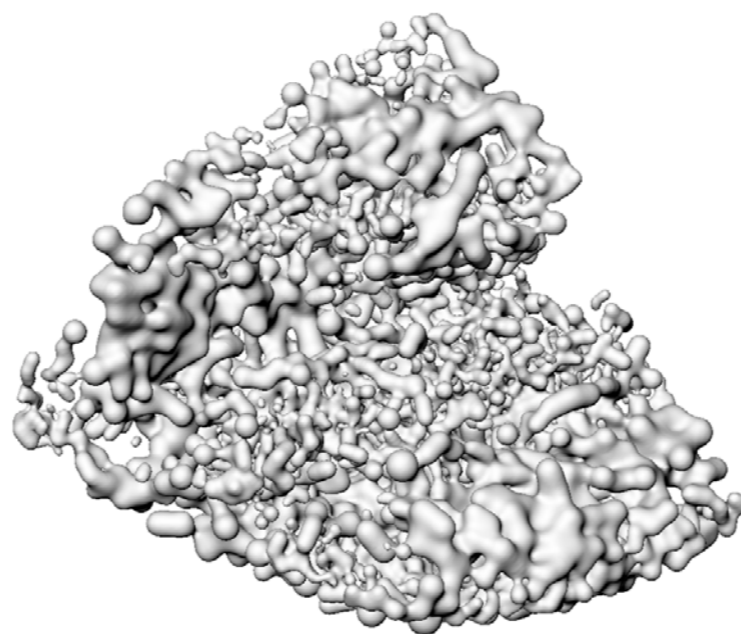
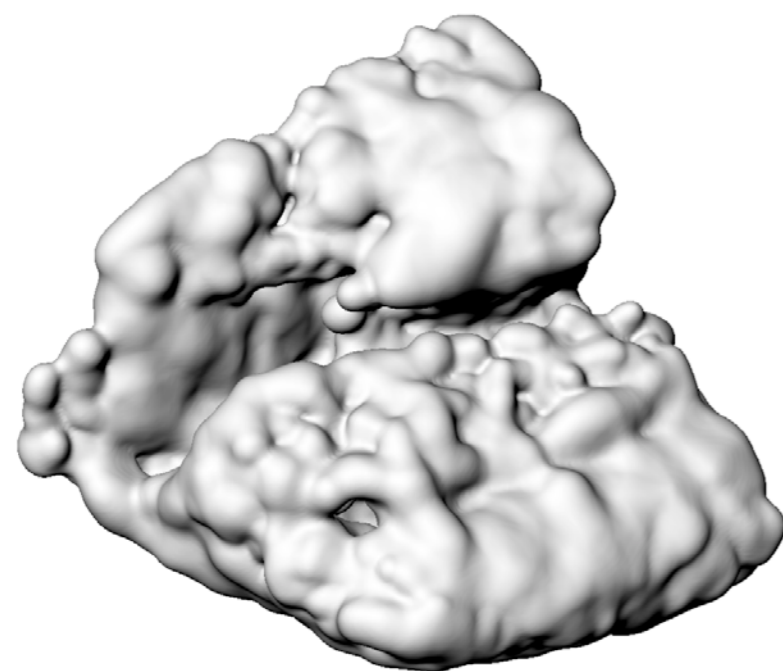
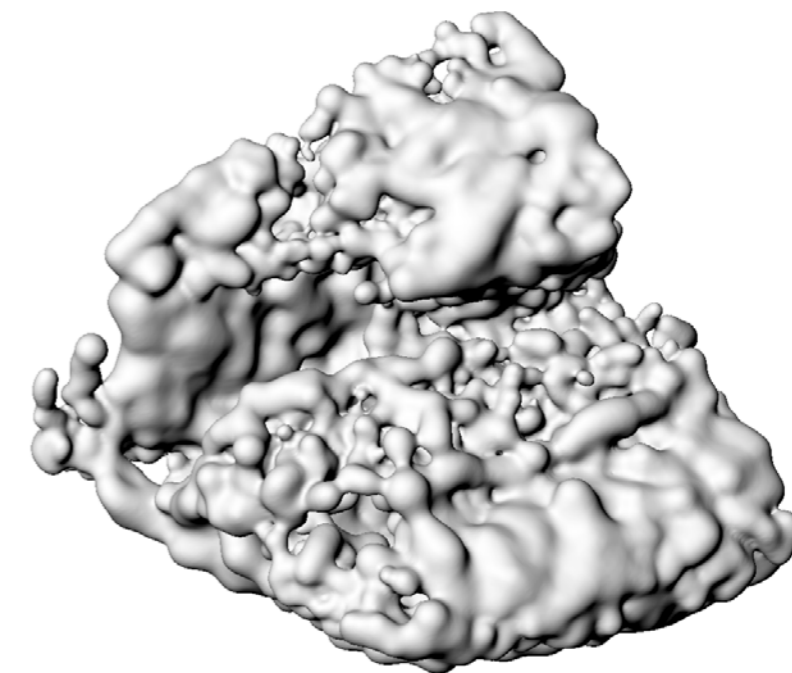
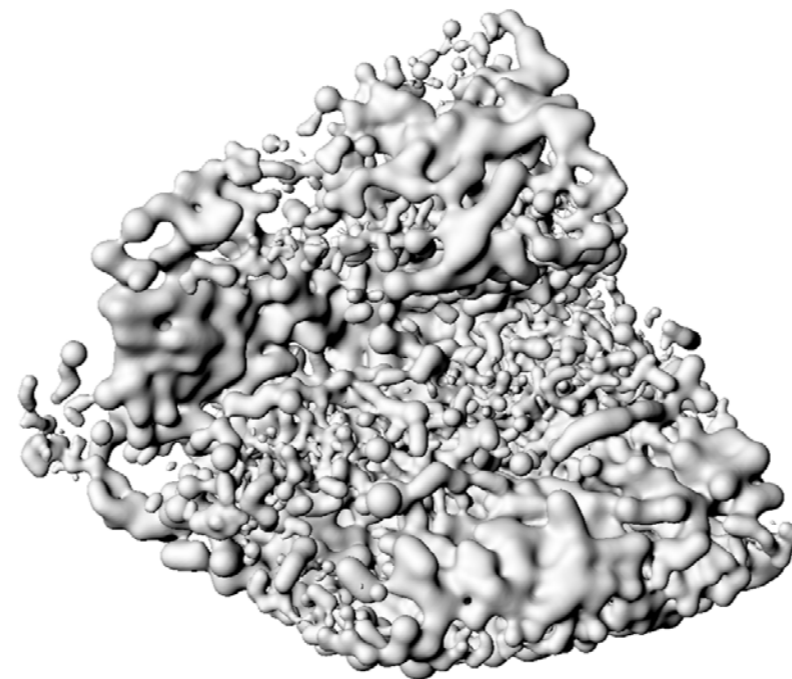
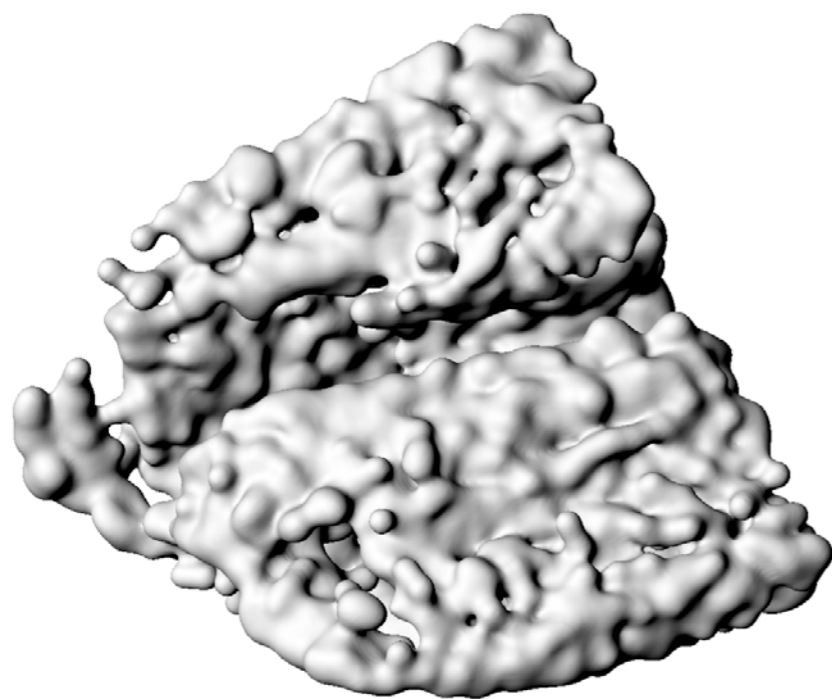
DEVELOPMENT IN GRASSHOPPER



FRAGMENT

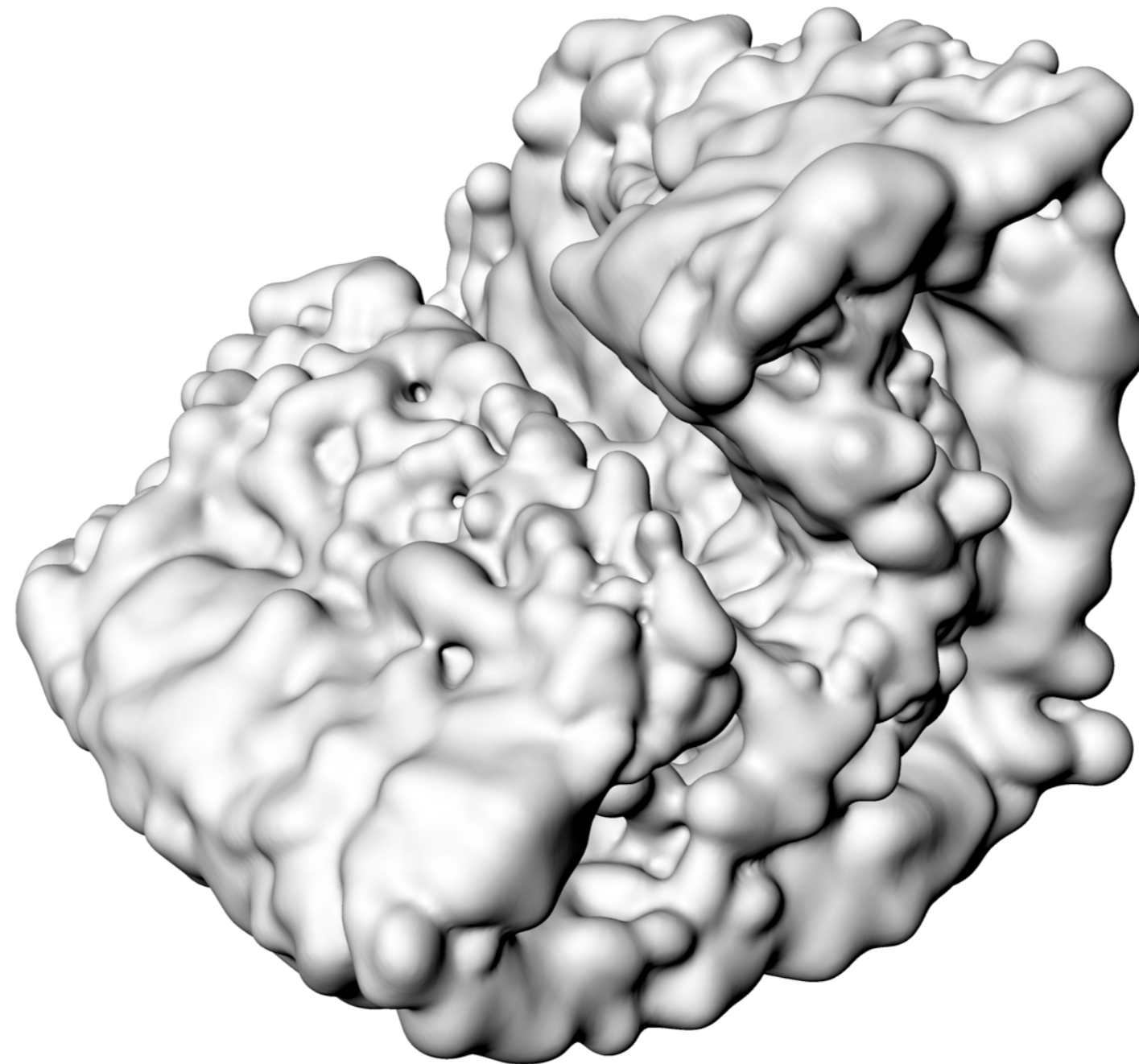
2a Workshop process

EXPERIMENTING WITH MIN- AND MAX RADIUS



FRAGMENT

2a Workshop process



FUTURE GOALS

3a

CURA Prepare Monitor ⓘ

Solid view

Ultimaker 2 #2

Nozzle 0.6 mm

[Check compatibility](#)

Print Setup Recommended Custom

Layer Height 0.06 0.1 0.15 0.2

Print Speed Slower Faster

Infill 0%

Generate Support

Build Plate Adhesion

Need help improving your prints?
Read the [Ultimaker Troubleshooting Guides](#)

UM22_Bake 1
128.8 x 165.5 x 140.4 mm

Ready to Save to File

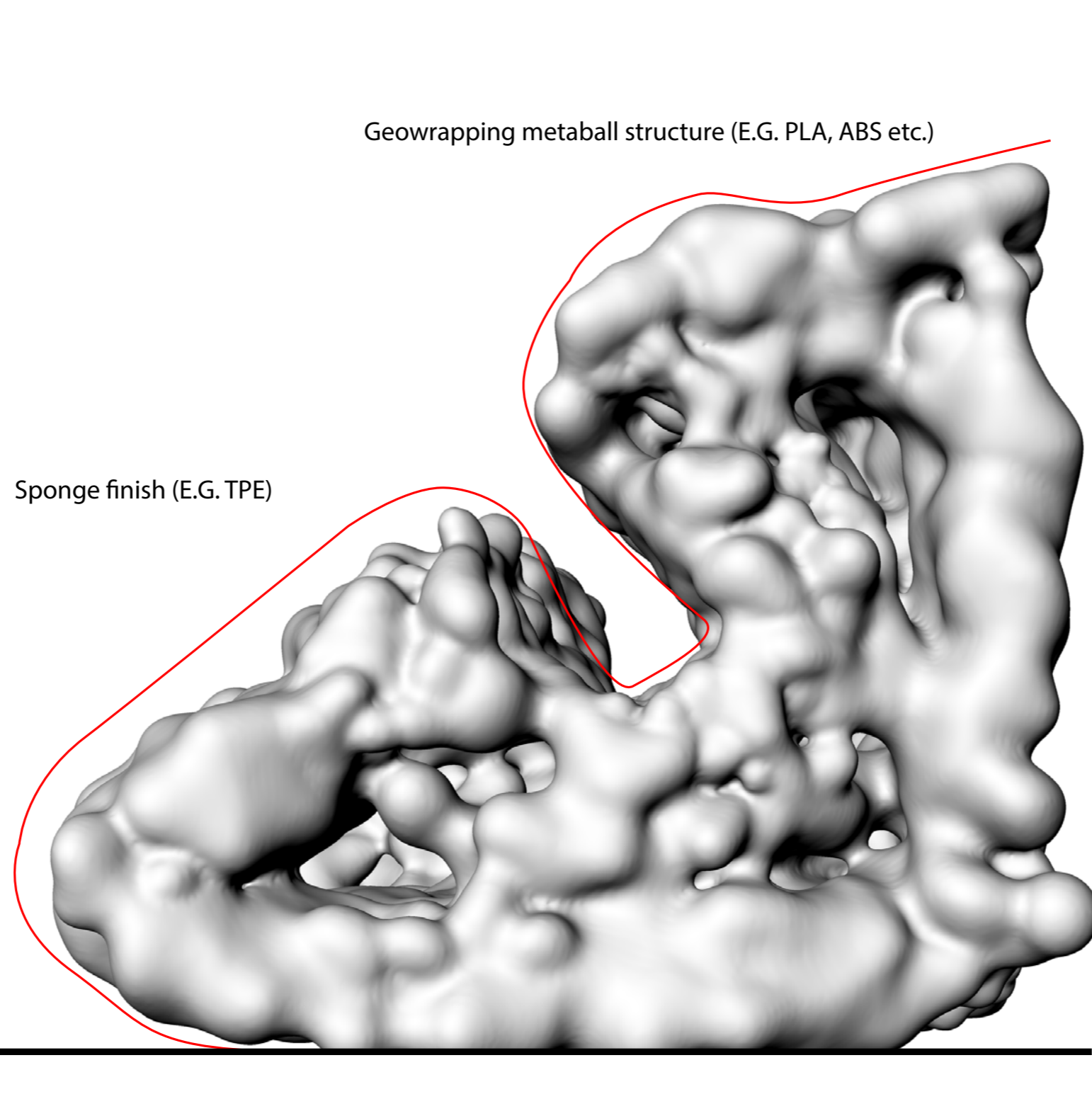
09h 46min
15.21m / ~ 0g

Save to File

3 FUTURE GOALS

FUTURE GOALS

3a



FUTURE GOALS

3a

FINISHING MATERIAL: TPE

Filament	Shore A Hardness:	Density:	Print temps:	Chemical Resistance:	Abrasion Resistance:	Shrinkage:
TPE	85A (very soft)	1.20g/cm ³	245-255C HB~90C	Med	Med-Low	1.2 – 3.0%

