

2024 HSC Design & Technology MAJOR PROJECT

Designer Statement

Name

Charlie
Smith

Title

Weightlifting Knee
Support System

Area of Design

Product Design

The goal was to create a product which solved an issue for regular gym-goers.

The proposed device and supporting instructional website prevents awkward knee rotation during leg exercises by providing support to the legs and knees.

It is primarily targeted at newcomers to the gym to reduce injury risks due to poor form. The device will be ergonomic, durable and portable for ease of use. It will also help users maintain proper technique during squats.

An instructional website will accompany the device to allow users to have a demonstration of correct use and implementation to support their rehabilitation.