

Those great circles are nice, however they are not the shape pm has made. What he has done is combine a double helix with a toroidal spiral.



helix on a cylinder  
curve this cylinder around so that it makes a doughnut shape

$$\begin{aligned} x(t) &= \cos(t) \\ y(t) &= \sin(t) \\ z(t) &= t \end{aligned}$$

cylindrical

$$\begin{aligned} r(t) &= 1 \\ \theta(t) &= t \\ h(t) &= t \end{aligned}$$

torus

Googled Helical Coil

Toroidal helix or toroidal spiral. Its po

$$\begin{aligned} x(t) &= [R + (R - 2r) * \sin(1/2t)] \cos t \\ y(t) &= [R + (R - 2r) * \sin(1/2t)] \sin t \\ z(t) &= b * \cos(ct) \\ a = R \quad b = R - 2r \end{aligned}$$