EFFIT Cylinder

Powertrain

T10 20mm lead / 300mm - \$9

https://www.aliexpress.us/item/3256802686561988.html

SCS20UU Linear bearing - \$10

https://www.aliexpress.us/item/2251832039551916.html

10mm ID / 16mm OD sleeve bearing - 6 for \$7 (only need one)

https://www.amazon.com/dp/B07Z8Y232M

300mm 16mmID / 20mmOD Aluminum tube - \$8 https://www.amazon.com/dp/B07YCGK18W

10mm shaft collar – \$4 (Must be smaller than 16mm OD)

Motor / driver / power \$70

3.0NM Stepper kit with 556 driver - \$50 Similar:

https://www.amazon.com/dp/B085XCDW3Z

200w (48V) power supply \$16

https://www.amazon.com/Converter-Switching-100-240V-Indicator-Industrial/dp/B07JBLZY8H/

Motor mount / bearing block \$25

NEMA23 motor mount with an integrated BK style bearing block (used in ball screws). This guarantees perfect alignment from the shaft to the screw.

https://www.aliexpress.us/item/3256804322346680.html?

Brains

Finally, a \$8 ESP32 provides wifi / internet access and the ability to create complex motion profiles, breaking up a stroke into different parts which can have different speeds / acceleration / deceleration. Or even change the length of the stroke while running – have every 5th stroke be a big one.