**FITNESS WEBSITE**

**A PROJECT REPORT**

**for**

**Mini Project (KCA353)**

**Session (2023-24)**

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**Under the Supervision of**

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**Submitted to**

**Department Of Computer Applications**

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**(MARCH -2024)**

DECLARATION

I hereby declare that the work presented in this report entitled “Fitness Website”, was carried out by me. I have not submitted the matter embodied in this report for the award of any other degree or diploma of any other University or Institute.

I have given due credit to the original authors/sources for all the words, ideas, diagrams, graphics, computer programs, experiments, results, that are not my original contribution. I have used quotation marks to identify verbatim sentences and given credit to the original authors/sources.

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CERTIFICATE

Certified that UNNATI RASTOGI (2200290140168) has carried out the project work having “Fitness Website” (Mini Project-KCA353) for Master of Computer Application from Dr. A.P.J. Abdul Kalam Technical University (AKTU) (formerly UPTU), Lucknow under my supervision. The project report embodies original work, and studies are carried out by the student herself and the contents of the project report do not form the basis for the award of any other degree to the candidate or to anybody else from this or any other University/Institution.

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This is to certify that the above statement made by the candidate is correct to the best of my knowledge.

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**Fitness Website**

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**ABSTRACT**

The Fitness Exercise Website is an innovative online platform that blends cutting-edge technology and fitness expertise to empower individuals on their quest for better health and fitness. Leveraging React as the frontend framework and integrating fitness-related APIs, this project offers a multifaceted approach to achieving wellness goals.

This dynamic website begins with a captivating homepage that not only introduces users to its mission but also entices them with high-quality images and videos showcasing its vast fitness content. Users can seamlessly create accounts, log in, and personalize their profiles, including essential information, fitness goals, and preferences, along with BMI calculation and weekly progress tracking.

The cornerstone of the Fitness Exercise Website is its comprehensive Exercise Library, meticulously categorized by muscle groups, difficulty levels, and workout types. Each exercise is accompanied by detailed descriptions, images, videos, and recommended sets/reps. Users can browse and select pre-designed workout plans, tailor them to their specific objectives, and even access a wealth of workout videos. The website's robust search and filtering capabilities ensure that users can easily find exercises, workouts, and articles relevant to their needs. Ultimately, this project aspires to serve as an invaluable resource, fostering a healthier, more informed fitness community through the fusion of React and fitness-oriented APIs.

**ACKNOWLEDGEMENT**

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**UNNATI RASTOGI**

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**CHAPTER 1**

**INTRODUCTION**

In an era where the pursuit of a healthier lifestyle has become a universal aspiration, the Fitness Exercise Website emerges as a pioneering digital solution at the intersection of fitness and technology. This ambitious project harnesses the power of React, a leading frontend framework, and seamlessly integrates fitness-related APIs to create a dynamic and user-centric platform. With a profound commitment to enhancing personal well-being, this website is poised to redefine how individuals engage with fitness and wellness in the digital age.

At its core, the Fitness Exercise Website envisions a user experience that is both immersive and informative. The homepage serves as an inviting gateway, captivating visitors with visually compelling design elements, high-quality media, and a succinct introduction to the website's overarching mission. From here, users embark on a journey that extends far beyond the conventional boundaries of fitness websites. With user registration and login functionality, the platform opens the door to personalized experiences, enabling individuals to tailor their fitness journey according to their unique goals, preferences, and progress tracking needs. In this digital realm, users are offered a holistic approach to fitness, one that seamlessly combines expertly curated exercise libraries, pre-designed workout plans, and engaging video content, ensuring that the pursuit of a healthier life is not just a goal but a transformative experience.

**1.1 Project Detail**

The project titled "User-Centric Fitness Exercise Website" aims to create a robust and engaging online platform that caters to the diverse fitness needs of users. This dynamic website leverages React's frontend capabilities and API integration to provide a comprehensive fitness experience. The objectives of the project include developing an inviting and visually appealing homepage, implementing login functionalities for personalized experiences, and constructing user profiles with features such as BMI calculation. The website will boast an extensive exercise library with categorization and detailed information. Additionally, the integration of instructional videos aims to enhance user engagement and learning. Robust search and filtering mechanisms will be implemented for user convenience in navigating the exercise library and workout plans. The project also emphasizes the integration of external APIs to ensure a continuously enriched exercise library. With a focus on secure authentication and data protection, the website will facilitate user registration and login, including the option to log in using Google accounts. The project is divided into various modules, each contributing to the overall user-centric fitness experience. The timeline, budget allocation, and future enhancements, such as virtual reality integration and nutritional guidance, are also outlined, providing a comprehensive roadmap for the successful execution and expansion of the project.

**1.2 Scope of Project**

The project aims to create a user-centric fitness exercise website by seamlessly combining React's frontend capabilities with API integration, ensuring a holistic fitness experience. The primary goals encompass developing an enticing homepage, implementing user registration and login functionality, establishing user profiles and dashboards with features like BMI calculation, constructing a comprehensive exercise library with categorization, offering pre-designed workout plans and customization options, integrating engaging video content, and implementing robust search and filtering mechanisms for user convenience. The website will feature visually appealing design, personalized user experiences, and a rich library of exercise resources. The technological stack includes React for the frontend, API integration for data communication, server-side technologies for user authentication and data processing, and a database for storage. The project's timeline and budget will be determined, with approval subject to relevant stakeholders. Ongoing changes will follow a designated change management process.

**CHAPTER 2**

**LITERATURE REVIEW**

The development of the Fitness Exercise Website is situated within a broader landscape of digital platforms designed to facilitate and enhance personal fitness journeys. In recent years, the fitness industry has undergone a substantial transformation, largely influenced by the proliferation of technology and the accessibility of fitness-related information through the internet. Numerous studies and market analyses have highlighted the significance of digital tools in promoting healthier lifestyles and fitness engagement.

The literature underscores the increasing trend of individuals seeking fitness guidance and support online. Fitness websites have emerged as key players in this ecosystem, offering a diverse range of resources, from exercise tutorials to nutritional advice and community engagement. These platforms not only cater to seasoned fitness enthusiasts but also appeal to novices looking for structured workouts and expert guidance. Furthermore, the integration of APIs has become a hallmark of contemporary fitness websites, enabling real-time access to exercise databases, nutrition information, and wearable device synchronization.

Additionally, studies have shown that personalization and interactivity are critical factors in the success of fitness websites. Tailoring fitness plans to individual goals and preferences enhances user engagement and long-term commitment to fitness regimens. The incorporation of BMI calculations and progress tracking, as proposed in the Fitness Exercise Website, aligns with this research, acknowledging the importance of personalization in fostering healthier lifestyles. Overall, the literature underscores the significance of the Fitness Exercise Website's objectives in addressing the evolving needs and expectations of individuals seeking to improve their fitness and well-being in the digital age.

**CHAPTER 3**

**FEASIBILITY STUDY**

A feasibility study is a comprehensive analysis that aims to assess the viability and practicality of a proposed project or business endeavor. It encompasses various aspects, including technical, economic, legal, operational, and scheduling considerations, to provide a thorough understanding of the project's potential success. The study begins with a clear definition of the project's objectives and scope, followed by an examination of its technical feasibility, considering factors such as technology requirements and available resources. Economic feasibility evaluates the project's financial viability, taking into account costs, revenue projections, and return on investment. Legal feasibility addresses regulatory compliance and potential legal challenges, while operational feasibility assesses the practicality of implementing the project within existing organizational structures. A detailed schedule and timeline are established to gauge the project's timeline feasibility. By conducting a feasibility study, stakeholders can make informed decisions regarding the project's continuation or modification, minimizing risks and maximizing the likelihood of successful implementation.

**3.1 Technical Feasibility**

The technical feasibility of the "User-Centric Fitness Exercise Website" project is high, supported by the adoption of robust and widely-used technologies. Leveraging React for the frontend ensures a responsive and interactive user interface, facilitating the development of a visually appealing and user-friendly platform. The component-based architecture of React also contributes to the modularity of the system, making it easier to maintain and scale as the project evolves. The integration of external APIs for exercise data not only enriches the platform's content but also adds a layer of dynamism, providing users with a continuously updated and diverse exercise library.

Furthermore, the project's emphasis on secure authentication and data protection measures, including the option for users to log in with Google accounts, underscores its commitment to safeguarding user information. The database management aspect ensures efficient storage and retrieval of user profiles, exercise data, and workout plans, contributing to the overall reliability and performance of the website. Additionally, the consideration of future technologies, such as virtual reality integration and artificial intelligence for personalized coaching, showcases a forward-thinking approach that positions the platform for adaptability and growth in the ever-evolving landscape of fitness technology.

While the technical feasibility is promising, the project will need to carefully manage external dependencies, ensuring the availability and reliability of external APIs and video hosting platforms. Rigorous testing and quality assurance processes throughout the development lifecycle will be imperative to identify and rectify any technical issues, ensuring a stable and functional fitness platform. The expertise of the development team in React, API integration, and database management will play a pivotal role in the successful execution of the project, providing a solid foundation for the creation of a user-centric and technically sound fitness exercise website.

**3.2 Technology Description**

The technology description for the "User-Centric Fitness Exercise Website" project involves a stack of technologies chosen to deliver a dynamic, interactive, and secure user experience. Here's an overview of the key technologies:

1. Frontend - React:

Description: React, a JavaScript library for building user interfaces, is chosen for the frontend development. It allows for the creation of reusable UI components, facilitating the development of a modular and responsive user interface. React's virtual DOM ensures efficient updates, enhancing the overall performance of the website.

2. Backend - API Integration:

Description: The backend relies on API integration to fetch and update exercise data dynamically. This allows the website to maintain a comprehensive exercise library by leveraging external sources. APIs enable seamless communication between the frontend and external services, ensuring a diverse and continuously enriched content repository.

3. Database:

Description: A database is employed to store user profiles, exercise data, and workout plans. The choice of a suitable database solution is Firebase, is critical for efficient data management. The database ensures data integrity, facilitates quick retrieval, and supports the scalability of the platform.

4. Video Integration:

Description: Video content is integrated into the platform to enhance user engagement and provide instructional material. Video hosting platforms, like YouTube is leveraged to store and deliver video content seamlessly. Integration allows users to access visual guidance for exercises, contributing to an enriched learning experience.

5. Authentication - Google Login:

Description: User authentication is implemented with the option for users to log in using their Google accounts. Google login ensures a secure and familiar authentication process for users, enhancing the overall security of the platform.

**CHAPTER 4**

**MODULES**

**4.1. Homepage Module:**

- Design and development of an attractive and user-friendly homepage.

- Integration of engaging content to captivate and engage visitors.

**4.2. User Authentication Module:**

- Development of a login system with authentication features.

**4.3. Exercise Library Module:**

- Building an extensive exercise library with categorization.

- Inclusion of detailed information on each exercise, such as muscle group, difficulty level, and equipment requirements.

**4.4. Video Integration Module:**

- Integration of instructional videos for each exercise.

- Seamless playback through integration with a video hosting platform.

**4.5. Search and Filtering Module:**

- Implementation of robust search functionality.

- Development of filtering options for exercises, workout plans, and videos.

**CHAPTER 5**

**DIAGRAMS**

**5.1 ER Diagram**

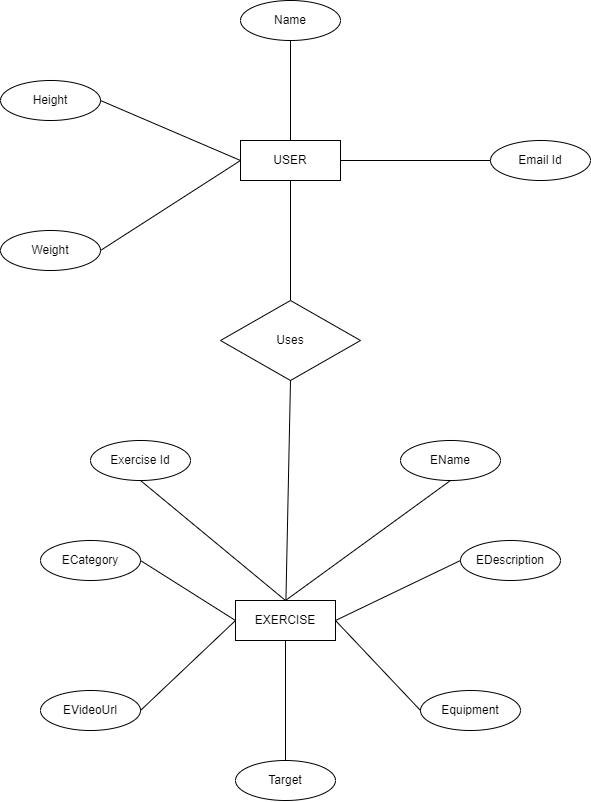
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Fig 5. 1 ER Diagram

The ER diagram illustrates a simple relational structure for the React Exercise Website project. The "User" entity is connected to the "Exercise" entity, representing user interactions with exercises. Key attributes include user details (Email ID, Name, Height, Weight) and exercise information (Exercise ID, EName, ECategory, EDescription, EVideoURL, Target, Equipment). The relationship captures user engagement with exercises, forming a foundational schema for the project's data model.

**Entities:**

* User
* Exercise

**5.2 Data Flow Diagram**

Designing a Data Flow Diagram (DFD) for a Fitness website involves identifying the key processes, data stores, external entities, and data flows. Here's a 0-level example for a Fitness Website:

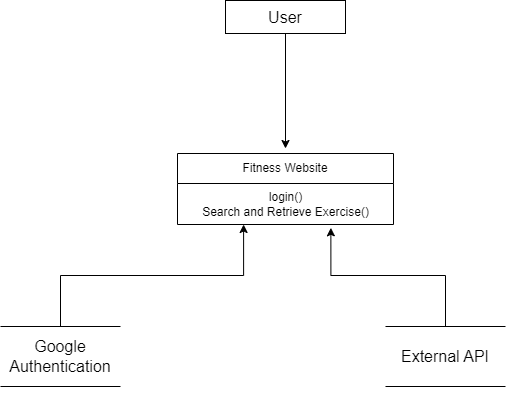
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Fig 5. 2 Data Flow Diagram

The React Exercise Website enables users to log in securely with Google, search for exercises, and retrieve detailed exercise information from an external API. The system relies on Google Authentication for user sign-ins and maintains an up-to-date exercise library through interaction with the external API database.

**5.3 USE CASE DIAGRAM**

While considering the scope of the individual functionalities draw the use case diagram for each of it

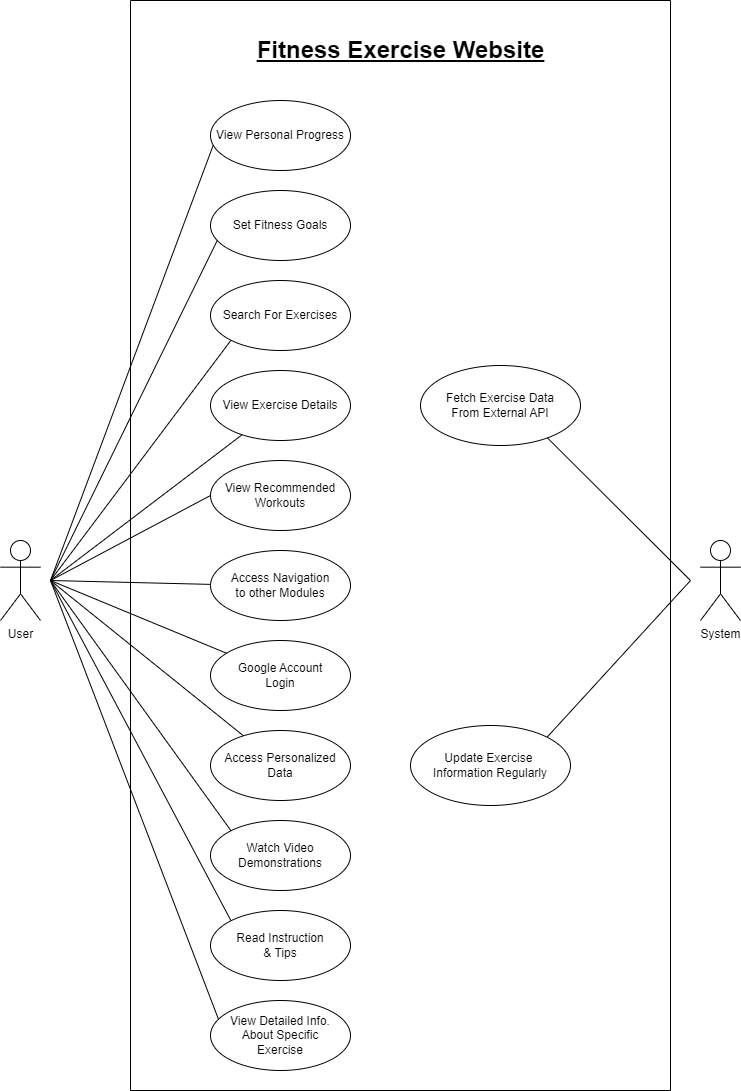
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Fig 5. 3 Use Case Diagram

The use case diagram outlines key interactions in the React Exercise Website project. Users can access modules like the User Dashboard, Exercise Library, and Home Page, set fitness goals, and integrate with Google for secure login. The diagram illustrates user-centric functionalities and system features for a comprehensive fitness experience.

**CHAPTER 6**

**Process**

**6.1. Project Inception:**

**6.1.1 Project Definition**

Define the project scope, objectives, and key features. Establish a clear understanding of the user-centric approach, identifying the primary goals of the fitness exercise website.

**6.1.2 Stakeholder Analysis**

Identify and analyze stakeholders, including end-users, administrators, and potential collaborators. Understand their needs and expectations to inform the project design.

**6.2. Project Planning:**

**6.2.1 Technology Stack Selection**

Choose the technology stack based on project requirements. Highlight the decision to use React for the frontend, API integration for dynamic content, and other technologies such as databases and video hosting platforms.

**6.2.2 Project Timeline**

Develop a detailed project timeline, breaking down tasks into manageable milestones. Allocate time for frontend and backend development, API integration, testing, and deployment.

**6.2.3 Budget Allocation**

Determine the budget for the project, considering development resources, tools, and potential external services. Allocate funds based on project priorities and requirements.

**6.3. Design and Architecture:**

**6.3.1 User Experience (UX) Design**

Create wireframes and mockups for the user interface, emphasizing a visually appealing and intuitive design. Ensure that the design aligns with the user-centric goals of the project.

**6.3.2 System Architecture**

Define the system architecture, including the frontend and backend components. Discuss how React components will be structured, how data will be managed in the database, and how external APIs will be integrated.

**6.4. Development:**

**6.4.1 Frontend Development**

Initiate frontend development using React. Implement the homepage, user authentication, and user dashboard modules. Ensure responsiveness and user-friendly interactions.

**6.4.2 Backend Development**

Set up the backend infrastructure, including server configurations and database integration. Develop server-side logic for user authentication and data retrieval.

**6.4.3 API Integration**

Integrate external APIs for exercise data enrichment. Discuss the choice of APIs and how they contribute to the dynamic content of the exercise library.

**6.5. Content Integration:**

**6.5.1 Video Content Integration**

Implement the module for video content integration. Select appropriate video hosting platforms and outline how instructional videos will be linked to exercises.

**6.6. User Authentication:**

**6.6.1 Google Login Integration**

Implement secure user authentication, including the option for users to log in using their Google accounts. Address security measures to protect user data.

**6.7. Functionality Development:**

**6.7.1 Exercise Library Module**

Develop the exercise library module, ensuring categorization, detailed information, and effective search and filtering mechanisms. Discuss how external APIs contribute to content enrichment.

**6.7.2 Workout Plans Module**

Create pre-designed workout plans and customization options. Discuss the logic behind workout plan recommendations and user customization.

**6.8. Testing:**

**6.8.1 Unit Testing**

Conduct unit tests for individual components to ensure functionality and identify potential bugs.

**6.8.2 Integration Testing**

Test the integration of different modules to guarantee seamless interactions and data flow.

**6.9. Deployment:**

**6.9.1 Deployment Process**

Deploy the website to a hosting environment. Ensure all components are working as expected in the live environment.

**6.9.2 User Training and Documentation**

Provide user training materials and documentation to guide users through the website's features and functionalities.

**6.10. Future Enhancements:**

**6.10.1 Virtual Reality (VR) Integration**

Explore options for integrating VR technology to provide immersive workout experiences.

**6.10.2 Artificial Intelligence (AI) for Personalized Coaching**

Research and plan for the integration of AI algorithms to offer personalized coaching and adaptive workout plans.

**6.10.3 Nutritional Guidance Features**

Consider implementing features related to nutritional tracking, meal planning, and dietary recommendations.

**6.10.4 Gamification Elements**

Explore the inclusion of gamification elements such as rewards, badges, and virtual achievements to enhance user engagement.

**6.11. Conclusion:**

**6.11.1 Reflection**

Reflect on the project's journey, challenges faced, and lessons learned. Discuss how the project aligns with initial objectives and user-centric principles.

**6.11.2 Future Roadmap**

Outline potential future developments, ongoing maintenance plans, and strategies for keeping the website dynamic and aligned with emerging fitness trends.

**CHAPTER 7**

**FRONTEND DESIGN**

**7.1 Interface (Screenshots)**

* Login With Google

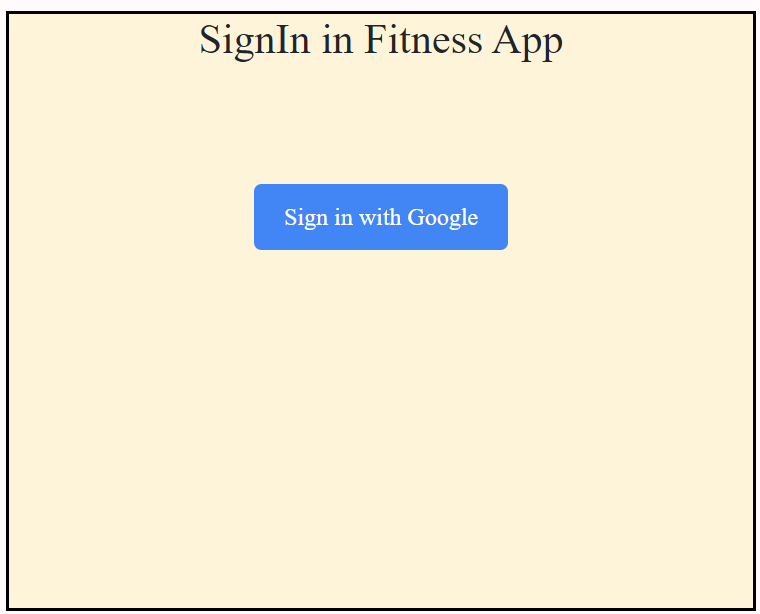
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Fig 7. 1 Login

The "Sign in with Google" page enhances user authentication on our website, providing a secure and convenient login method through Google accounts. This feature streamlines user access and contributes to a seamless and user-friendly experience within our fitness platform.

* Home Page

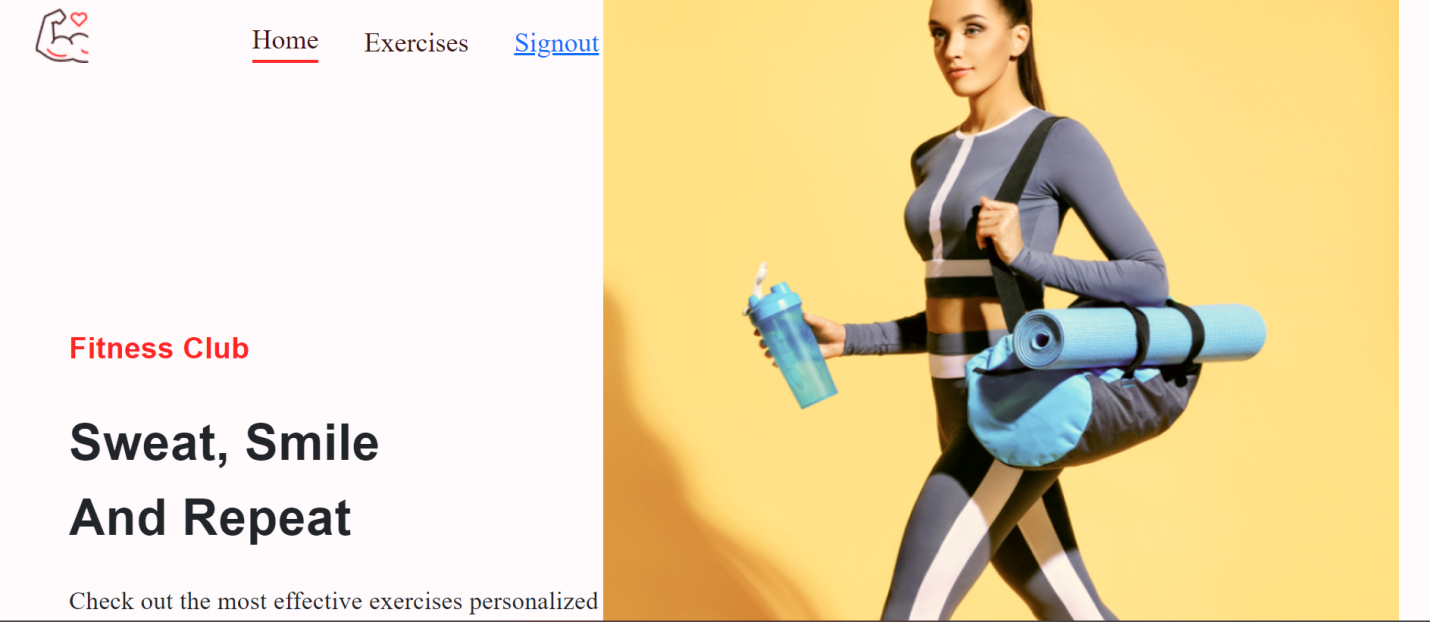


Fig 7. 2 Home

The Home Page serves as the central hub of our React Exercise Website, presenting users with personalized workout recommendations and easy navigation to essential modules. It provides a dynamic and engaging entry point, fostering a user-centric experience.

* Exercises

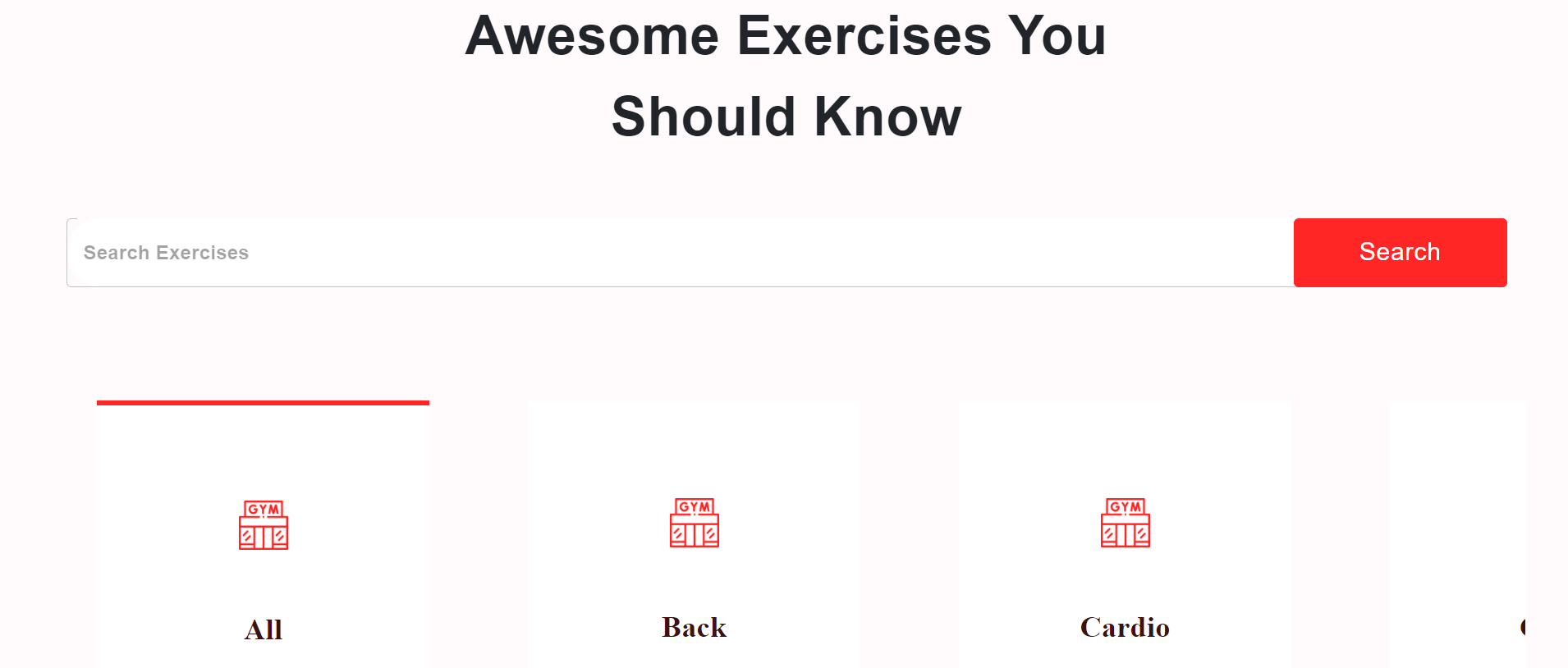


Fig 7. 3 Exercises

The search functionality on our website empowers users to efficiently find exercises tailored to their preferences, while the results display delivers detailed information, creating a user-friendly exploration of our diverse exercise library.

* Exercise Detail

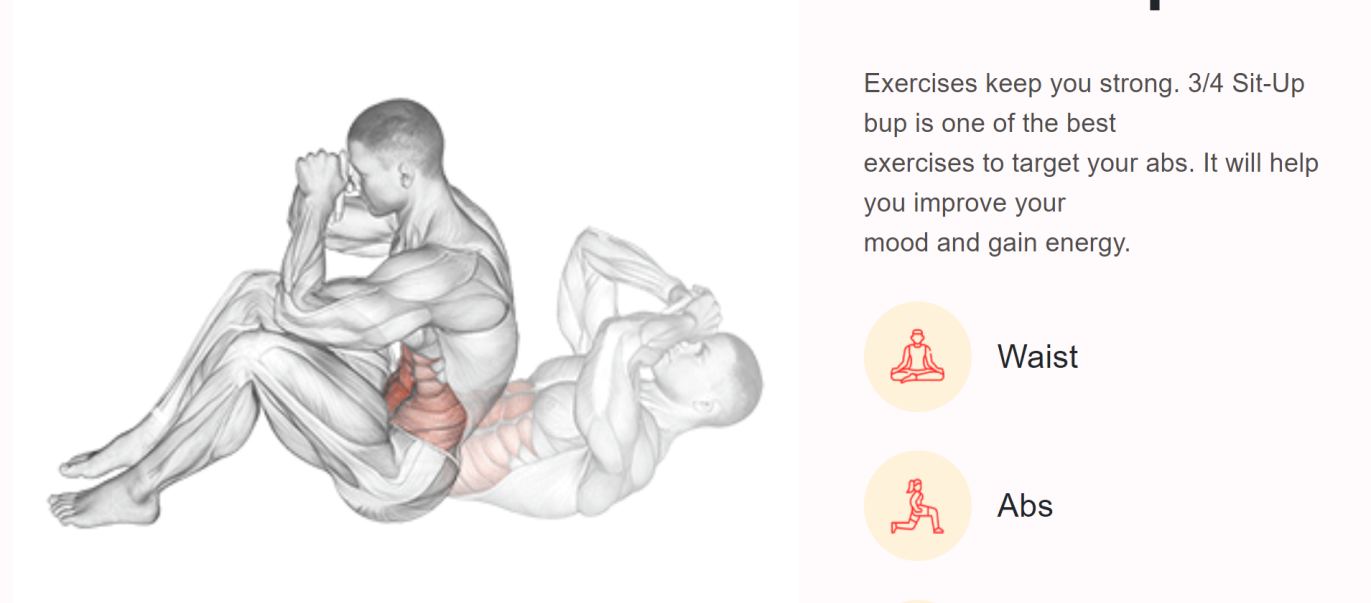


Fig 7. 4 Exercise Details

The Exercise Detail Page offers in-depth information, including descriptions and video demonstrations, providing users with a comprehensive understanding of each exercise. It serves as a valuable resource for users seeking detailed guidance within our fitness platform.

**7.2 Output (Screenshot)**

* Result after search

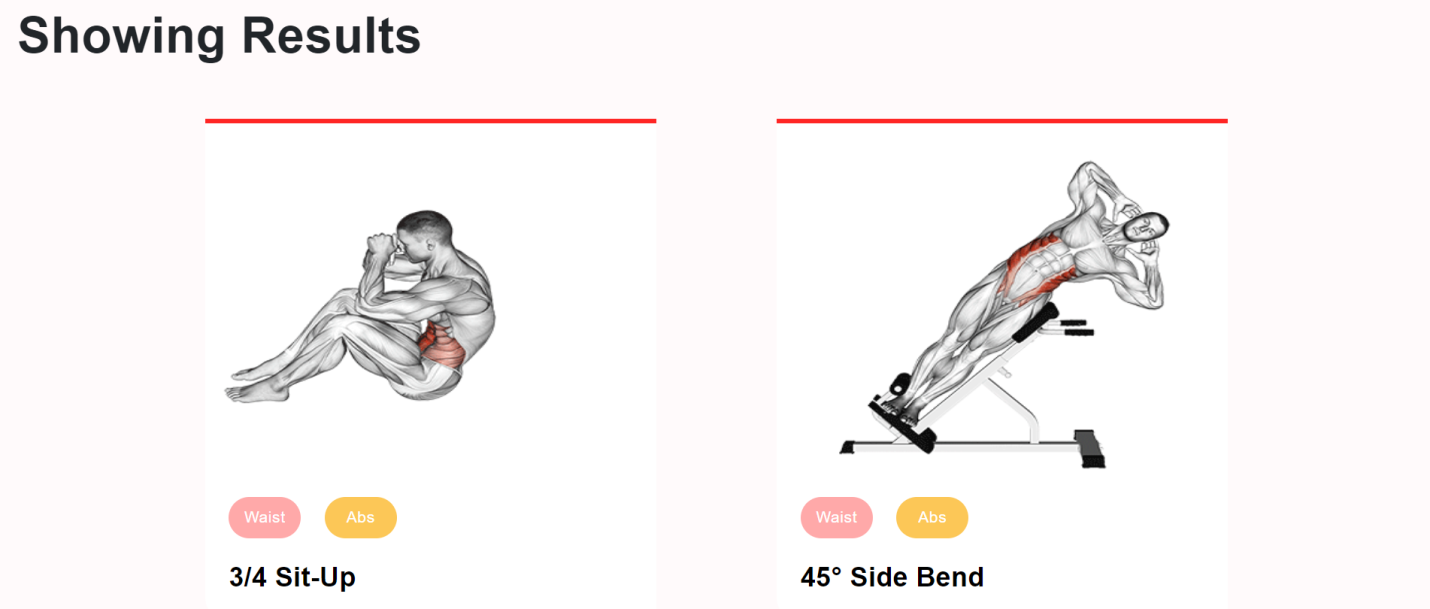
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Fig 7. 5 Results

The search results present users with a curated list of exercises based on their query, offering a visually organized overview for efficient selection. This feature streamlines user navigation, ensuring a user-friendly and intuitive exploration of the available exercises.

**CHAPTER 8**

**Future Enhancement and Conclusion**

**8.1. Future Enhancement**

In envisioning the future of the "User-Centric Fitness Exercise Website," several exciting enhancements can be considered to elevate the platform's capabilities and stay ahead in the rapidly evolving fitness technology landscape. One potential avenue for advancement involves the integration of virtual reality (VR) technology. By incorporating VR, the platform could offer users immersive workout experiences, transporting them to virtual fitness environments or providing guided workouts with a heightened sense of presence. This not only adds an innovative dimension to the user experience but also fosters engagement and motivation by making fitness routines more enjoyable and dynamic.

Additionally, the integration of artificial intelligence (AI) could revolutionize the coaching aspect of the platform. AI algorithms could analyze user performance, provide real-time feedback on exercise techniques, and adapt workout plans based on individual progress and preferences. This personalized coaching approach not only enhances the effectiveness of workouts but also tailors fitness experiences to each user's unique needs, creating a more adaptive and responsive platform.

Nutritional guidance features represent another compelling future enhancement. Integrating tools for nutritional tracking, meal planning, and dietary recommendations could transform the platform into a comprehensive wellness hub, addressing both exercise and dietary aspects of users' health journeys. This expansion aligns with a holistic approach to fitness, supporting users in achieving their health and wellness goals beyond physical activity.

Furthermore, the exploration of gamification elements can add an element of fun and motivation to the user experience. Incorporating rewards, badges, and virtual achievements can turn fitness into a more interactive and enjoyable experience, encouraging users to stay committed to their workout routines. This gamified approach not only motivates users but also fosters a sense of community as individuals share their achievements and milestones.

**8.2 Conclusion**

In conclusion, the envisioned fitness gym website presents a promising future by combining cutting-edge technology with user-centric features to create a holistic fitness experience. The platform is poised to adapt and innovate continuously, offering advanced personalization, immersive workouts through technologies like virtual reality and augmented reality, and seamless integration with wearable devices. The incorporation of artificial intelligence for personalized coaching, expanded social features, and a comprehensive approach to wellness, including nutritional guidance, showcase a commitment to meeting the evolving needs of users. The platform's dedication to inclusivity, data-driven decision-making, and potential collaborations with industry experts position it as a dynamic and forward-thinking fitness solution. As the platform evolves, it aspires to not only meet but exceed user expectations, fostering a supportive and engaged fitness community while staying at the forefront of emerging trends and technologies in the ever-evolving fitness landscape.

**CHAPTER 9**

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[**https://rapidapi.com/justin-WFnsXH\_t6...**](https://www.youtube.com/redirect?event=video_description&redir_token=QUFFLUhqbHg2RzJxSlpzdEItYmhuM3hCYV9hSVk5UWpnQXxBQ3Jtc0ttbjFJbkM0dlowamVxUUlaQnB1U0tpWWdpb192RWtwSnpmUVVkczBmQmt3enJSRjhrSEhwclNvM1o3dWtXd1ZNbUowUE02ZWZxak0xVEczZHdIRW9MdG5tQjg3Qm90TjRwTlRfeFo2WGF5enZoR29QZw&q=https%3A%2F%2Frapidapi.com%2Fjustin-WFnsXH_t6%2Fapi%2Fexercisedb%3Futm_source%3Dyoutube.com%2FJavaScriptMastery%26utm_medium%3Dreferral%26utm_campaign%3DDevRel&v=KBpoBc98BwM) **Search -**

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