**Project Design Phase**

**Proposed Solution Template**

| Date | 6 March 2025 |
| --- | --- |
| Team ID | SWTID1741254344152117 |
| Project Name | FitFlex |
| Maximum Marks | 2 Marks |

| **Team members:** | **Register no:** | **ID no:** | **Team no:** |
| --- | --- | --- | --- |
| **Shreejith Kumar Das S (Team Leader)** | **212203921** | **22BCA51** | **Team 10** |
| **Sanjay K** | **212203914** | **22BCA12** | **Team 10** |
| **Hariharasudhan C** | **212203885** | **22BCA14** | **Team 10** |
| **Ranjith Kumar B** | **212203909** | **22BCA20** | **Team 10** |

**Proposed Solution Template:**

| **S.No.** | **Parameter** | **Description** |
| --- | --- | --- |
|  | Problem Statement (Problem to be solved) | Many users struggle to find structured, easy-to-follow workout plans tailored to their needs (body parts, available equipment). Existing resources are either scattered, unstructured, or behind paywalls. |
|  | Idea / Solution description | A React.js-based fitness web application that allows users to discover exercises categorized by body parts and equipment. The application integrates with ExerciseDB API to provide real-time workout information, images, and descriptions. |
|  | Novelty / Uniqueness | Free and structured access to categorized workouts. |