Project Documentation

Fitflex : Your Personal Fitness Companion

1.Introduction

- *Project Title : Fitflex -Your Personal Fitness Companion*
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2.Project Overview

- ***Purpose:***

  SB works connects clients and freelancers through project posting, bidding and real-time communication.

- *Features*
  - ✓ *Project posting and bidding*
  - ✓ *Secure chat system*
  - ✓ *Feedback and review system*
  - ✓ *Admin control panel*

3.Architecture

- *Frontend : React.js with Boostrap and Material UI*
- *Backend : Node.js and Express.js managing server logic and API endpoints*
- *Database : MongoDB stores used data, project information, applications and chat messages*

4.Setup Instructions

- ***Prerequisites :***
  - ✞ *Node.js*
  - ✞ *MongoDB*
  - ✞ *Git*

        - *React.js*
        - *Express.js*
        - *Mongoose*
        - *Visual Studio Code*
    - ***Installation Steps :***

        # clone the repository git clone
        # install client dependencies cd client npm install
        # install server dependencies cd
../server npm install

5.Folder Structure

```
SB-Works/

| -- client/                     # React frontend

     | __components/

L__pages/

| __server/                      # Node.js backbend

     | __routes/

         | __models/

           | __controllers/
```

6.Running the Application

- ***Frontend :*** *cd*

  client   npm   start

- ***Backend :*** *cd*
  server npm start

Access : Visit *http://localhost:3000*

7.API Documentation

- ***User :***

    - */api/user/register*
    - */api/user/login*
- ***Projects :***
    - */api/projects/create*
    - */api/projects/:id*
- ***Applications :*** */api/apply*
- ***Chats :***

✞ */api/chat/send❖/api/chat/:userId*

8.Authentication

- *JWT – based authentication for secure login*
- *Middleware protects private routes*

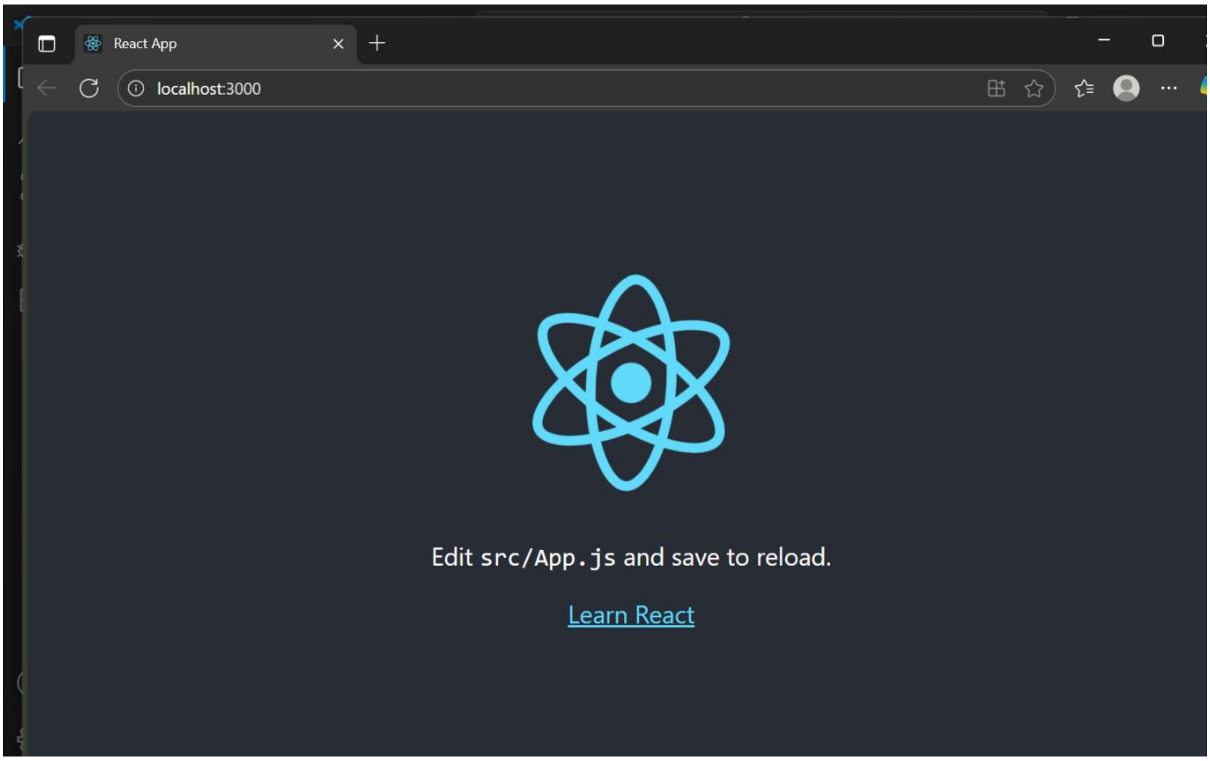
9.User interface

- *Landing Page*
- *Freelancer Dashboard*
- *Admin Panel*
- *Project Details Page*

10.Testing

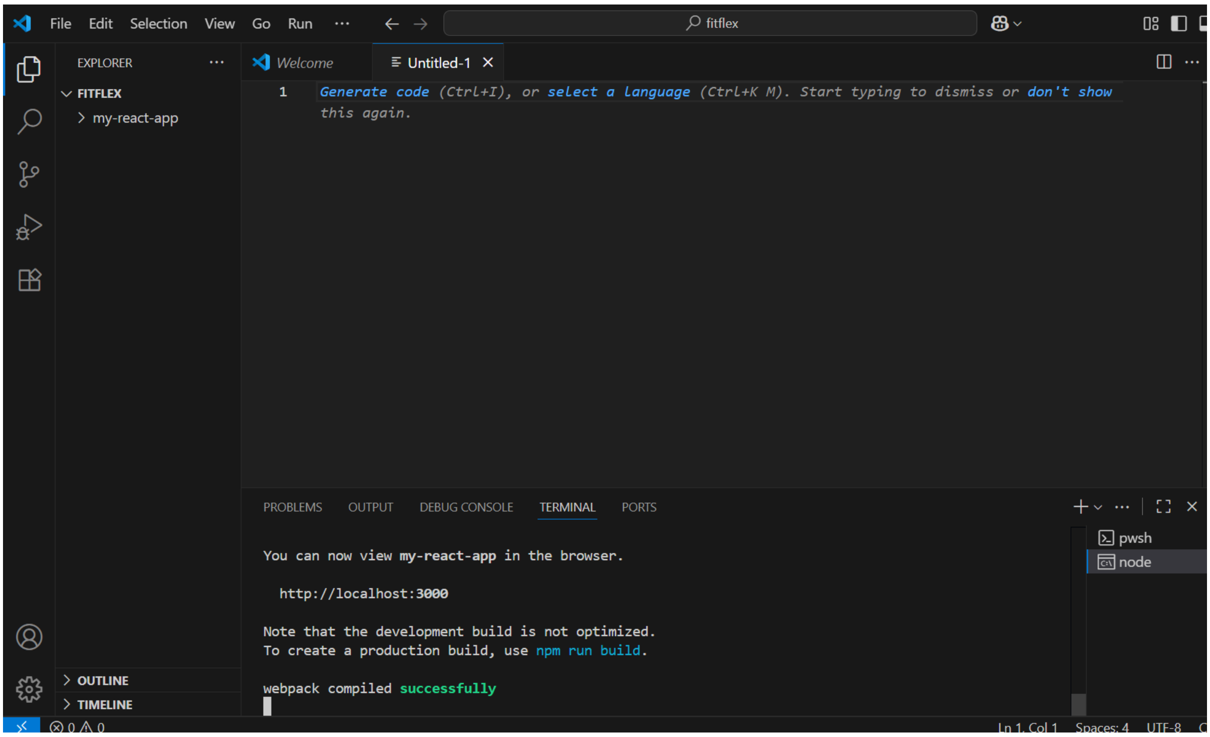
- *Manual testing during milestones*
- *Tools : Postman,Chrome Dev Tools*

11.Screenshots or Demo



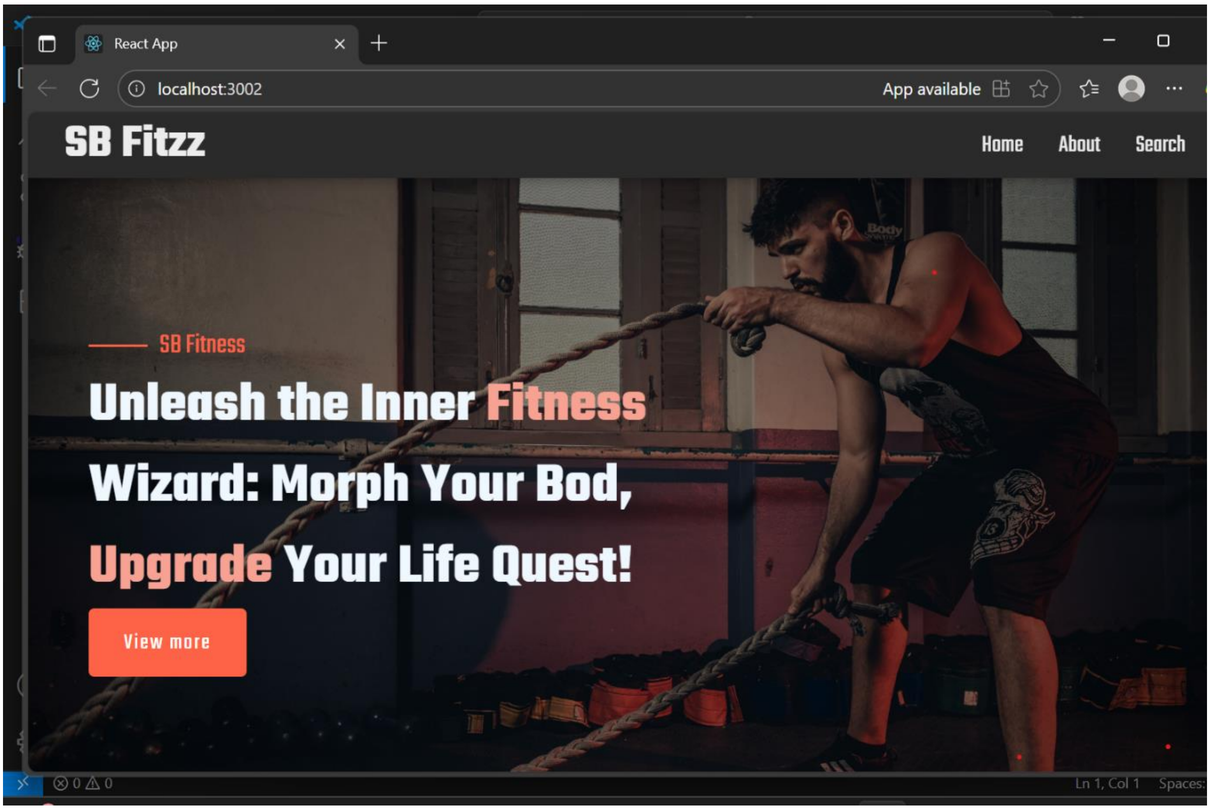
Edit src/App.js and save to reload.

Learn React



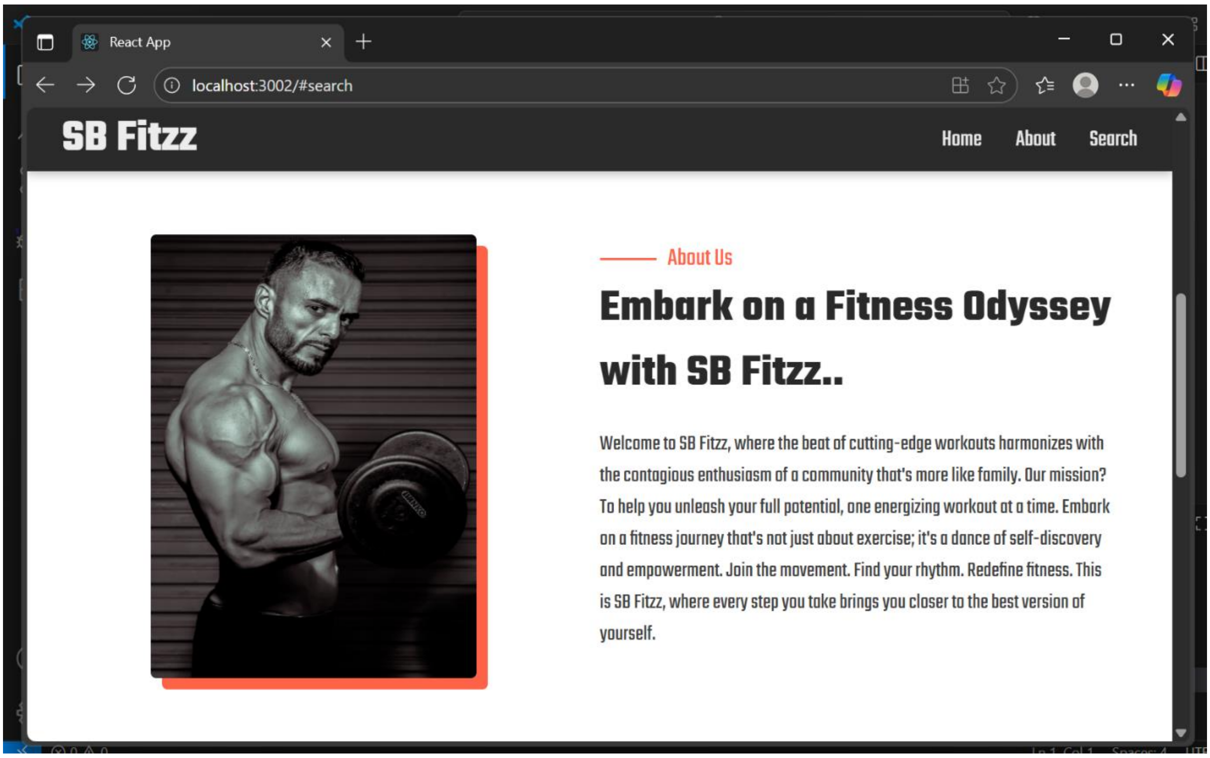
Generate code (Ctrl+I), or select a language (Ctrl+K M). Start typing to dismiss or don't show this again.

```
You can now view my-react-app in the browser.

  http://localhost:3000

Note that the development build is not optimized.
To create a production build, use npm run build.

webpack compiled successfully
```



SB Fitness

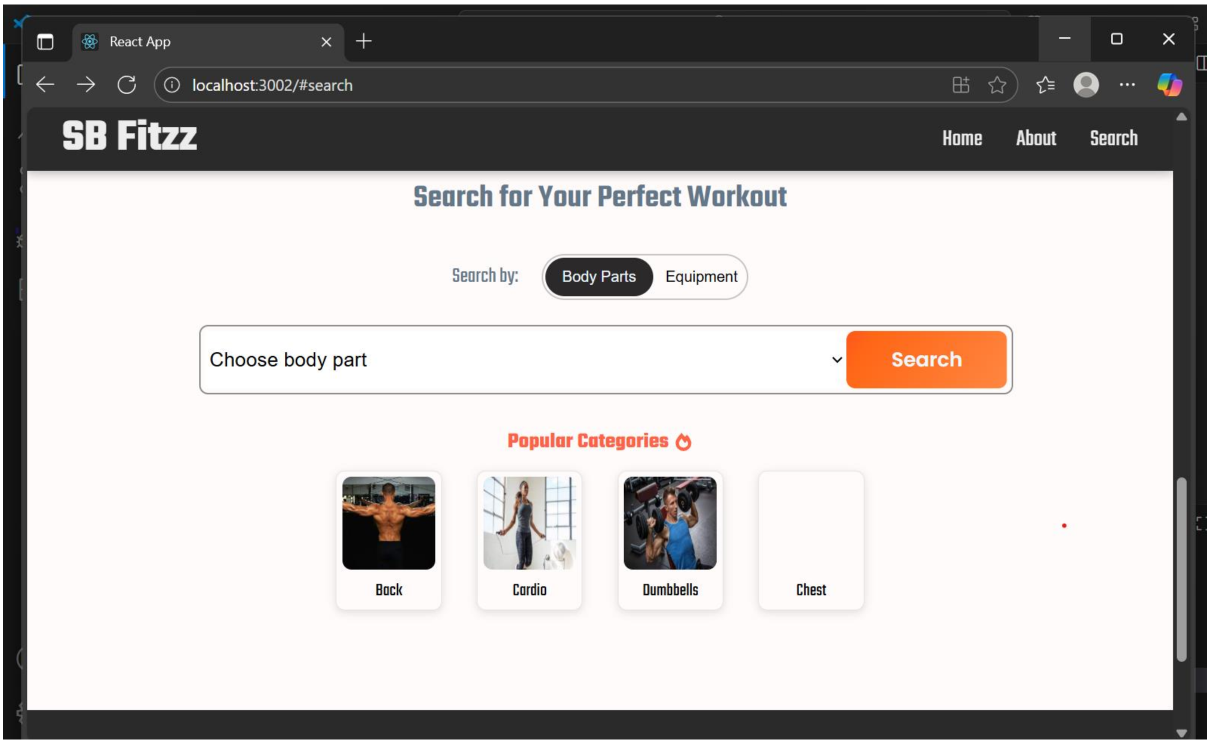
Unleash the Inner Fitness Wizard: Morph Your Bod, Upgrade Your Life Quest!



About Us

Embark on a Fitness Odyssey with SB Fitzz..

Welcome to SB Fitzz, where the beat of cutting-edge workouts harmonizes with the contagious enthusiasm of a community that's more like family. Our mission? To help you unleash your full potential, one energizing workout at a time. Embark on a fitness journey that's not just about exercise; it's a dance of self-discovery and empowerment. Join the movement. Find your rhythm. Redefine fitness. This is SB Fitzz, where every step you take brings you closer to the best version of yourself.



Search for Your Perfect Workout

Search by: Body Parts Equipment

Choose body part

12.Known Issues

✦ Limited Dataset

The app currently supports only a few exercise categories (e.g., Cardio, Strength, Yoga).

- **Exercise details** (steps, videos, equipment info) are not fully comprehensive.

All exercise data is fetched from static files / third-party API calls, so there is no persistent user profile.

- **Mobile Responsiveness**

While the app works on desktop browsers, some layouts (exercise cards, navigation bar) break on small-screen devices.

- **Search & Filter Limitations**

Search is case-sensitive and sometimes fails if spelling doesn’t match exactly.

Filtering exercises by difficulty/equipment is not yet available.

- **Performance Issues**

First-time loading of images/videos may be slow due to no lazy-loading or caching implemented.

If API calls fail, the app does not gracefully show fallback messages.

- **Error Handling**

Limited error messages when API/data fetch fails (sometimes blank screen instead of error prompt).

- **No offline mode** – the app requires an internet connection at all times.

13.Future Enhancements

- **Expanded Exercise Library**

Add more categories (Strength, HIIT, Pilates, Flexibility, Meditation).

- **Provide detailed instructions**

GIF/video demos, and equipment recommendations.

User Authentication & Profiles

Implement secure login/signup (JWT-based).

Let users create personalized workout plans and save progress.

- **Workout Tracking & Analytics**

Track sets, reps, calories burned, and workout history.

Provide weekly/monthly progress dashboards.

- ✦ **Smart Recommendations**

Suggest workouts based on fitness level, goals (e.g., weight loss, endurance, muscle gain).

AI-driven recommendations from user history and preferences.

- ✦ **Improved Search & Filtering**

Add filters for difficulty (Beginner/Intermediate/Advanced), duration, and equipment.

Implement fuzzy search (ignore spelling errors).

- ✦ **Mobile Responsiveness & PWA Support**

Fully responsive design for all screen sizes.

Convert app into a Progressive Web App (PWA) so it works offline.