**Fit Flex: Your Personal Fitness Companion**

**Project Design Phase**

**Proposed Solution**

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| Date | 11/03/2025 |
| Team ID | ID-150016 |
| Project Name | Fit Flex: Your Personal Fitness Companion |
| Maximum Marks | 2 Marks |

**Proposed Solution:**

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| **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 exercise DB API to provide real-time workout information, images, and descriptions. |
|  | Novelty / Uniqueness | Free and structured access to categorized workouts. |