**Fit Flex: Your Personal Fitness Companion**

**Project Design Phase**

**Solution Architecture**

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| Date | 11/03/2025 |
| Team ID | ID-150016 |
| Project Name | Fit Flex: Your Personal Fitness Companion |
| Maximum Marks | 4 Marks |

**Solution Architecture:**

The solution architecture for the Fitness Web Application ensures a scalable, efficient, and user-friendly platform for discovering and accessing exercise routines based on body parts and equipment.

**Goals of the Solution Architecture:**

* Identify the Best Tech Solution: Utilize modern front-end frameworks and APIs to provide a seamless fitness discovery experience.
* Define Structure & Characteristics: Ensure modular, scalable, and maintainable software architecture for future enhancements.
* Outline Features & Development Phases: Clearly structure project milestones for effective development and deployment.
* Establish Specifications for Development & Delivery: Provide well-defined guidelines for the system's architecture, API integration, and data flow.

