Project Design Phase
Proposed Solution Template

Date   6 March 2025

Team ID   SWTID1741149301

Project Name   FitFlex: Your Personal Fitness Companion

Maximum Marks   2 Marks

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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.