

**Project Design Phase  
Proposed Solution Template**

Date	6 March 2025
Team ID	SWTID1741150010
Project Name	FitFlex: Your Personal Fitness Companion
Maximum Marks	2 Marks
Team Leader	Karthiga devi R
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**Proposed Solution Template:**

S.No.	Parameter	Description
1.	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.
2.	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.
3.	Novelty / Uniqueness	Free and structured access to categorized workouts.