My website will be designed to assist individuals interested in starting or expanding their exercise journey. It will assist in finding and understanding over 1000 exercises categorized by their type, muscle group, etc. Each exercise will include an explanation overview, animation and links to videos expanding on the topic.

Example 1:

You have never really worked out in your life and you are driven to start, but you have no idea where that starting point is. You know you want stronger and more toned arms and better cardio. You sign-up to the site and filter by biceps/triceps to find a library of exercise to get you started. You add a few to your workout list to try later. Then you filter by cardio. You see several that you have heard of, but would like to know more. You check out the related YouTube videos and discover the ones that inspire you the most.

I plan on utilizing data from [ExerciseDB](https://rapidapi.com/justin-WFnsXH_t6/api/exercisedb?utm_source=youtube.com%2FJavaScriptMastery&utm_medium=referral&utm_campaign=DevRel) and [Youtube Search and Download](https://rapidapi.com/h0p3rwe/api/youtube-search-and-download). These DBs/APIs will provide me with all of the exercises, descriptions and animations and videos needed.

I would need a table for users and workout lists, possibly more. I would have a form for creating a new user. The users model would have an id, username, password and email. The workout lists model would have an id, owner, and workout names.

I imagine that one of the most difficult tasks I will face with this project will be making the front end UI look sleek and modern. I intend for this project to be mostly focused on the frontend experience.

I would make sure to handle authentication and authorization via bitcrypt hashing.

My stack will be React and Node. This project will be intended for web use, but hopefully compatible with mobile use as well.