FitFlex: Your Personal Fitness Companion

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Introduction

Project Title: FitFlex

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Project Overview

Purpose: FitFlex is an innovative fitness application designed to enhance workout

experiences.

Features:

- Search and filter exercises by muscle group, difficulty, and equipment

- Interactive UI with curated workout visuals

- Integration with external fitness APIs for real-time data

- Personalized recommendations and community features

Architecture

Component Structure: Navbar, Hero Component, Search Bar, Category Page, Exercise Page

State Management: React?s Context API for global state, useState for local state

Routing: Implemented with React Router Dom for seamless navigation

Setup Instructions

Prerequisites: Node.js, npm, Git, React.js

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User Interface

Screenshots or GIFs of UI showcasing landing page, search, and exercise details

Styling

CSS Frameworks: Tailwind CSS, React Icons

Theming: Light/Dark mode toggle, Custom color schemes

Testing

Testing Strategy: Unit Testing with Jest, Integration Testing with Cypress

Code Coverage: Ensured with Jest coverage reports

Screenshots or Demo

Demo Link:

https://drive.google.com/file/d/1mMqMb41RtroiFbUQ-1ZfeYfWJZ6okSNb/view?usp=drivesdk

Known Issues

API rate limits may affect some features

Styling inconsistencies across different screen sizes

Future Enhancements

Add a workout tracking feature

Implement user authentication and profiles

Integrate community engagement features