FitFlex: Your Personal Fitness Companion

Introduction

Project Title: FitFlex
Team Members: [List team members and their roles]

Project Overview

Purpose: FitFlex is an innovative fitness application designed to enhance workout experiences by providing an intuitive interface, a dynamic search function, and an extensive exercise library.
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
Installation:
1. Clone the repository
2. Navigate to the project folder
3. Install dependencies with npm install
4. Start the development server with npm start
5. Open http://localhost:3000 in a browser

Folder Structure

/fitness-app-react
■■■ /src
■ ■■■ /components
■ ■■■ /pages
■ ■■■ /styles
■ ■■■ /utils
■■■ package.json
■■■ README.md

Running the Application

Command: npm start

Component Documentation

Key Components: Navbar, Hero Section, Search Bar, Category Page, Exercise Page

Reusable Components: Buttons, Cards

State Management

Global State: Managed using React Context API
Local State: Managed using useState hooks

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