Project Design Phase
Problem – Solution Fit Template

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Team ID	SWTID1741519652153631
Project Name	FitFlex
Maximum Marks	2 Marks

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Problem – Solution Fit Overview:

The **Problem-Solution Fit** ensures that the identified problem aligns with the needs of users and that the proposed solution effectively addresses it. This concept helps developers, marketers, and business strategists validate the **necessity and effectiveness** of their solution before further development.

Purpose:

- Address the **lack of a structured and interactive fitness guidance platform** for users who seek customized exercises based on body parts or equipment.
- Provide an intuitive and engaging experience for users to **discover exercises quickly** without the need for manual research.
- Offer seamless navigation and **real-time data retrieval** from **ExerciseDB API** to enhance user experience.
- Improve accessibility and engagement through an **interactive UI, responsive design, and well-structured data flow**.

Problem Statement:

Many users struggle to find **relevant and structured exercise information** online, leading to frustration and inconsistency in their fitness journey. Most available platforms either require paid memberships or provide unstructured exercise listings without filtering options based on equipment or body parts.

Solution:

- A **React.js-based Fitness Web Application** that provides users with an easy-to-navigate interface to explore exercises by **body parts and equipment**.
- Integration with **ExerciseDB API** ensures users get **up-to-date and detailed exercise information** with images and descriptions.
- **Axios-powered API requests** ensure smooth data retrieval with minimal delays.
- **Categorization and search functionalities** improve accessibility and user engagement.
- A scalable and **responsive UI design** ensures seamless experience across different devices.