

Project Design Phase
Proposed Solution Template

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| Date | 6 March 2025 |
| Team ID | SWTID1741164657147182 |
| Project Name | Fit flex: Your Personal Fitness Companion |
| Team leader | Rashika E |
| Team member | Sowmiya S |
| Team member | Srilakshmi R |
| Team member | Sai dharani J |
| Maximum mark | 4 mark |

Proposed Solution Template:

| S.No. | Parameter | Description |
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| 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. |