FITFLEXPROJECT

# About.jsx

ImportReactfrom‘react’

Import‘../styles/About.css’

Import aboutImg from ‘../assets/about-Img.webp’ Const About = () => {

Return(

<divclassName=’about-container’id=’about’>

<divclassName=”about-image”>

<imgsrc={aboutImg}alt=””/>

</div>

<divclassName=”about-text”>

<span>

<divclassName=”about-line”/>

<h5>AboutUs</h5>

</span>

<h3>EmbarkonaFitnessOdysseyithModernFitness..</h3>

<p>WelcometoModernFitness,wherethebeatofcutting-edgeworkoutsharmonizeswiththe contagious enthusiasm of a community that’s more like family. Our mission? To help you unleash

yourfullpotential,oneenergizingworkoutatatime.Embarkonafitnessjourneythat’snotjust

aboutexercise;it’sadanceofself-discoveryandempowerment.Jointhemovement.Findyour

rhythm.Redefinefitness.ThisisModernFitness,whereeverystepyoutakebringsyouclosertothe best version of yourself.</p>

</div>

</div>

)

}

ExportdefaultAbout

# Footer.jsx

ImportReactfrom‘react’

Import‘../styles/Footer.css’

Import{useNavigate}from‘react-router-dom’

ConstFooter=()=>{

Constnavigate=useNavigate();

Return(

<divclassName=’Footer’>

<divclassName=”footer-body”>

<ul>

<lionClick={()=>navigate(“/bodyPart/back”)}>Back</li>

<lionClick={()=>navigate(“/bodyPart/cardio”)}>Cardio</li>

<lionClick={()=>navigate(“/bodyPart/chest”)}>Chest</li>

</ul>

<ul>

<lionClick={()=>navigate(“/bodyPart/neck”)}>Neck</li>

<lionClick={()=>navigate(“/bodyPart/upper%20legs”)}>UpperLegs</li>

<lionClick={()=>navigate(“/bodyPart/shoulders”)}>Shoulders</li>

</ul>

<ul>

<lionClick={()=>navigate(“/equipment/cable”)}>Cable</li>

<lionClick={()=>navigate(“/equipment/dumbbell”)}>Dumbbell</li>

<lionClick={()=>navigate(“/equipment/band”)}>Band</li>

</ul>

<ul>

<lionClick={()=>navigate(“/equipment/roller”)}>Roller</li>

<lionClick={()=>navigate(“/equipment/hammer”)}>Hammer</li>

<lionClick={()=>navigate(“/equipment/kettlebell”)}>Kettlebell</li>

</ul>

</div>

<hr/>

<p>ModernFitness-&copy;2023–AllRightsReserved</p>

</div>

)

}

ExportdefaultFooter

# Hero.jsx

ImportReactfrom‘react’ Import‘../styles/Hero.css’

ConstHero=()=>{ Return (

<divclassName=’hero-container’id=’hero’>

<divclassName=”hero-text”>

<span>

<divclassName=”hero-line”/>

<h5>ModernFitness</h5>

</span>

<h2>UnleashtheInner<b>Fitness</b>Wizard:MorphYourBod,<b>Upgrade</b>YourLife Quest!</h2>

<ahref=”#search”><button>Viewmore</button></a>

</div>

</div>

)

}

ExportdefaultHero

# HomeSearch.jsx

ImportReact,{useEffect,useState}from‘react’ Import { FaFireAlt } from “react-icons/fa”;

Import‘../styles/HomeSearch.css’

Import{useNavigate}from‘react-router-dom’; Import axios from ‘axios’;

ConstHomeSearch=()=>{

Constnavigate=useNavigate();

Const[search,setSearch]=React.useState(‘’);

Const[searchType,setSearchType]=useState(‘bodyPart’);

ConsthandleSearch=()=>{

If(search!==‘’&&searchType===‘bodyPart’){ Navigate(`/bodyPart/${search}`);

setSearch(‘’);

}elseif(search!==‘’&&searchType===‘equipment’){ Navigate(`/equipment/${search}`);

setSearch(‘’);

}

}

Const [bodyParts, setBodyParts] = useState([]) Const[equipment,setEquipment]=useState([])

ConstbodyPartsOptions={ Method: ‘GET’,

url: ‘https://exercisedb.p.rapidapi.com/exercises/bodyPartList’, headers: {

‘X-RapidAPI-Key’: ‘ae40549393msh0c35372c617b281p103ddcjsn0f4a9ee43ff0’, ‘X-RapidAPI-Host’: ‘exercisedb.p.rapidapi.com’

}

};

ConstequipmentOptions={ Method: ‘GET’,

url: ‘https://exercisedb.p.rapidapi.com/exercises/equipmentList’, headers: {

‘X-RapidAPI-Key’: ‘ae40549393msh0c35372c617b281p103ddcjsn0f4a9ee43ff0’, ‘X-RapidAPI-Host’: ‘exercisedb.p.rapidapi.com’

}

};

useEffect(()=>{

fetchData();

}, [])

ConstfetchData=async()=>{ Try {

ConstbodyPartsData=awaitaxios.request(bodyPartsOptions); Console.log(bodyPartsData.data);

setBodyParts(bodyPartsData.data);

constequipmentData=awaitaxios.request(equipmentOptions); console.log(equipmentData.data);

setEquipment(equipmentData.data);

} catch (error) { Console.error(error);

}

}

Return(

<divclassName=’home-search-component’id=’search’>

<h3>SearchforYourPerfectWorkout</h3>

<divclassName=”search-type-buttons”>

<h4>Searchby:</h4>

<span>

<buttonclassName={searchType===‘bodyPart’?‘active’:‘’}onClick={()=> setSearchType(‘bodyPart’)} >Body Parts</button>

<buttonclassName={searchType===‘equipment’?‘active’:‘’}onClick={()=> setSearchType(‘equipment’)} >Equipment</button>

</span>

</div>

<divclassName=’search-body’>

{searchType===‘bodyPart’?

<selectonChange={(e)=>setSearch(e.target.value)}value={search}>

<optionvalue=””>Choosebodypart</option>

{bodyParts.map((bodyPart,index)=> (

<optionkey={index}value={bodyPart}>{bodyPart}</option>

))}

</select>

:

<selectonChange={(e)=>setSearch(e.target.value)}value={search}>

<optionvalue=””>ChooseEquipment</option>

{equipment.map((equip,index)=>(

<optionkey={index}value={equip}>{equip}</option>

))}

</select>

}

<buttononClick={()=>handleSearch()}>Search</button>

</div>

<divclassName=”popular-categories-container”>

<span>

<h5>PopularCategories</h5>

<FaFireAltclassName=”fire-icon”/>

</span>

<divclassName=”popular-categories”>

<divclassName=”popular-category”onClick={()=>navigate(“/bodyPart/back”)}>

<imgsrc=<https://i.postimg.cc/pLY3Wqfs/back.webp>/>

<p>Back</p>

</div>

<divclassName=”popular-category”onClick={()=>navigate(“/bodyPart/cardio”)}>

<imgsrc=<https://i.postimg.cc/3JYhC5b8/cardio.webp>/>

<p>Cardio</p>

</div>

<divclassName=”popular-category”onClick={()=>navigate(“/equipment/dumbbell”)}>

<imgsrc=<https://i.postimg.cc/J7Gx6Pt9/dumble.jpg>/>

<p>Dumbbells</p>

</div>

<divclassName=”popular-category”onClick={()=>navigate(“/bodyPart/chest”)}>

<imgsrc=<https://i.postimg.cc/cLrdrqJF/chest.jpg>/>

<p>Chest</p>

</div>

</div>

</div>

</div>

)

}

ExportdefaultHomeSearch

# Navbar.jsx

ImportReact,{useEffect,useState}from‘react’ Import ‘../styles/Navbar.css’

Import{useNavigate}from‘react-router-dom’;

ConstNavbar=()=>{

Const navigate = useNavigate(); Consturl=window.location.href; Console.log(url);

Const[scrollPosition,setScrollPosition]=useState(0);

useEffect(()=>{

window.addEventListener(‘scroll’,handleScroll,{passive:true});

return()=>{

window.removeEventListener(‘scroll’,handleScroll);

};

}, []);

ConsthandleScroll=()=>{

Constposition=window.scrollY; setScrollPosition(position);

};

Return(

<divclassName={scrollPosition>100||window.location.href!==<http://localhost:3000/>?‘navbar nav-scrolled’:`navbar`}>

<h3onClick={()=>navigate(‘/’)}>ModernFitness</h3>

{url===<http://localhost:3000/>||url===<http://localhost:3000/#about>||url=== <http://localhost:3000/#search>?

<ul>

<lionClick={()=>navigate(‘/’)}>Home</li>

<ahref=”#about”><li>About</li></a>

<ahref=”#search”><li>Search</li></a>

</ul>

:

<ul>

<lionClick={()=>navigate(‘/’)}>Home</li>

<lionClick={()=>navigate(‘/#about’)}>About</li>

<lionClick={()=>navigate(‘/#search’)}>Search</li>

</ul>

}

</div>

)

}

ExportdefaultNavbar

# BodypartsCategory.jsx

import axios from 'axios';

import React, { useEffect, useState } from 'react'

import { useNavigate, useParams } from 'react-router-dom';

import '../styles/Categories.css'

const BodyPartsCategory = () => {

const {id} = useParams();

const navigate = useNavigate();

const [exercises, setExercises] = useState([])

useEffect(()=>{

if (id){

fetchData(id)

}

},[])

const fetchData = async (id) => {

const options = {

method: 'GET',

url: `https://exercisedb.p.rapidapi.com/exercises/bodyPart/${id}`,

params: {limit: '200'},

headers: {

'X-RapidAPI-Key': '61cbbb5c8bmshc83e13ffef0d6dbp10d0e8jsnf0420bd96e19',

'X-RapidAPI-Host': 'exercisedb.p.rapidapi.com'

}

};

try {

const response = await axios.request(options);

console.log(response.data);

setExercises(response.data);

} catch (error) {

console.error(error);

}

}

return (

<div className='category-exercises-page' >

<h1>category: <span>{id}</span></h1>

{exercises && exercises.length > 0 ?

<div className="exercises">

{exercises.map((exercise, index) => {

return (

<div className="exercise" key={index} onClick={()=> navigate(`/exercise/${exercise.id}`)} >

<img src={exercise.gifUrl} alt={exercise.name} />

<h3>{exercise.name}</h3>

<ul>

<li>{exercise.target}</li>

{exercise.secondaryMuscles.map((muscle, index) => {

return index < 2 && (

<li key={muscle} >{muscle}</li>

)

})}

</ul>

</div>

)})

}

</div>

:""}

</div>

)

}

export default BodyPartsCategory

EquipmentCategory.jsx

Importaxiosfrom‘axios’;

ImportReact,{useEffect,useState}from‘react’

Import{useNavigate,useParams}from‘react-router-dom’; Import ‘../styles/Categories.css’

ConstEquipmentCategory=()=>{

Const{id}=useParams();

Constnavigate=useNavigate();

Const[exercises,setExercises]=useState([])

useEffect(()=>{ if (id){

fetchData(id)

}

},[window.location.href])

ConstfetchData=async(id)=>{ Const options = {

Method:‘GET’,

url: `https://exercisedb.p.rapidapi.com/exercises/equipment/${id}`, params: {limit: ‘50’},

headers:{

‘X-RapidAPI-Key’: ‘61cbbb5c8bmshc83e13ffef0d6dbp10d0e8jsnf0420bd96e19’, ‘X-RapidAPI-Host’: ‘exercisedb.p.rapidapi.com’

}

};

Try {

Constresponse=awaitaxios.request(options); Console.log(response.data);

setExercises(response.data);

}catch(error){

Console.error(error);

}

}

Return(

<divclassName=’category-exercises-page’>

<h1>category:<span>{id}</span></h1>

{exercises&&exercises.length>0?

<divclassName=”exercises”>

{exercises.map((exercise, index)=> { Return (

<div className=”exercise” key={index} onClick={()=>navigate(`/exercise/${exercise.id}`)} >

<imgsrc={exercise.gifUrl}alt={exercise.name}/>

<h3>{exercise.name}</h3>

<ul>

<li>{exercise.target}</li>

{exercise.secondaryMuscles.map((muscle,index)=>{ Return index < 2 && (

<likey={muscle}>{muscle}</li>

)

})}

</ul>

</div>

)})

}

</div>

:””}

</div>

)

}

ExportdefaultEquipmentCategory.jsx

# Exercise.jsx

Importaxiosfrom‘axios’;

ImportReact,{useEffect,useState}from‘react’ Import { useParams } from ‘react-router-dom’;

Import{FaRegDotCircle}from“react-icons/fa”; Import ‘../styles/Exercise.css’

ConstExercise=()=>{

Const{id}=useParams();

Const[exercise,setExercise]=useState();

Const[relatedVideos,setRelatedVideos]=useState([]);

useEffect(()=>{ if (id){

fetchData(id)

}

},[])

ConstfetchData=async(id)=>{ Const options = {

Method:‘GET’,

url: `https://exercisedb.p.rapidapi.com/exercises/exercise/${id}`, headers: {

‘X-RapidAPI-Key’: ‘61cbbb5c8bmshc83e13ffef0d6dbp10d0e8jsnf0420bd96e19’, ‘X-RapidAPI-Host’: ‘exercisedb.p.rapidapi.com’

}

};

Try {

Constresponse=awaitaxios.request(options); Console.log(response.data);

setExercise(response.data);

fetchRelatedVideos(response.data.name)

}catch(error){

Console.error(error);

}

}

ConstfetchRelatedVideos=async(name)=>{ Console.log(name)

Constoptions={ Method: ‘GET’,

url: ‘https://youtube-search-and-download.p.rapidapi.com/search’, params: {

query:`${name}`, hl: ‘en’,

upload\_date:‘t’, duration: ‘l’,

type:‘v’,

sort:‘r’

},

Headers:{

‘X-RapidAPI-Key’: ‘61cbbb5c8bmshc83e13ffef0d6dbp10d0e8jsnf0420bd96e19’, ‘X-RapidAPI-Host’: ‘youtube-search-and-download.p.rapidapi.com’

}

};

Try {

Constresponse=awaitaxios.request(options); Console.log(response.data.contents);

setRelatedVideos(response.data.contents);

} catch (error) { Console.error(error);

}

}

Return(

<divclassName=’exercise-page’>

{exercise&&(

<divclassName=”exercise-container”>

<divclassName=”exercise-image”>

<imgsrc={exercise.gifUrl}alt=”exerciseimg”/>

</div>

<divclassName=”exercise-data”>

<h3>{exercise.name}</h3>

<span>

<b>Target:</b>

<p>{exercise.target}</p>

</span>

<span>

<b>Equipment:</b>

<p>{exercise.equipment}</p>

</span>

<span>

<b>SecondaryMuscles:</b>

<ul>

{exercise.secondaryMuscles.map((muscle,index)=>(

<likey={index}>{muscle}</li>

))}

</ul>

</span>

<divclassName=”exercise-instructions”>

<h3>Instructions</h3>

{exercise.instructions.map((instruction,index)=>(

<ul>

<likey={index}>{instruction}</li>

</ul>

))}

</div>

</div>

</div>

)}

<divclassName=”related-videos-container”>

<h3>RelatedVideosonYoutube</h3>

{relatedVideos&&relatedVideos.length>0&&(

<divclassName=”related-videos”>

{relatedVideos.map((video,index)=>{returnindex<15&&(

<divclassName=”related-video”key={index}onClick={()=>

window.open(`https:[//www.youtube.com/watch?v=$](http://www.youtube.com/watch?v=%24){video.video.videoId}`,“\_blank”)}>

<imgsrc={video.video.thumbnails[0].url}alt=””/>

<h4>{video.video.title.slice(0,40)}...</h4>

<span>

<p>{video.video.channelName}</p>

<p>{video.video.viewCountText}</p>

</span>

</div>

)})}

</div>

)}

</div>

</div>

)

}

ExportdefaultExercise

# Hero.css

.hero-container{ Height:100vh;

Background-image: url(‘../assets/bg\_img.webp’); Background-position: center;

Background-repeat: no-repeat; Background-size: cover;

Display:flex;

Flex-direction:column;

Justify-content:center;

}

.hero-text{

Padding-top:10%;

Width:50%;

Font-family:‘Teko’,sans-serif; Margin-left: 5vw;

Animation:transText2sease-in-out;

}

@keyframestransText{ 0% {

Transform:translateX(-100%);

}100%{

Transform:translateX(0%);

}

}

.hero-text::after{

Transform:translateX(120%);

}

.hero-textspan{ Display: flex;

Align-items:center; Gap: 10px;

}

.hero-textspan.hero-line{ Height: 2px;

Width:50px;

Background-color:tomato;

}

.hero-text span h5{ Font-size:1.5rem; Margin: 0;

Color: tomato; Font-weight:400;

}

.hero-texth2{

Font-size:3rem; Color:aliceblue; Margin: 0;

}

.hero-texth2b{

Color:rgb(248,162,147);

}

.hero-text button{ Padding:15px30px;

Background-color:tomato; Border: none;

Color:white;

Font-size:1.2rem;

Font-weight:500;

Font-family:‘Teko’,sans-serif; Letter-spacing: 0.1rem;

Border-radius:0.3rem;

Cursor:pointer;

}