

**FITFLEX:YOUR PERSONAL FITNESS**  
**COMPANION**

**Project Title: FitFlex : Your Personal Fitness Companion**

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## **INTRODUCTION**

### **Welcome to FitFlex: The Future of Fitness Exploration**

FitFlex is more than just a fitness app; it's a groundbreaking platform designed to transform how you engage with fitness. Whether you're a beginner starting your fitness journey or a seasoned professional seeking to refine your routines, FitFlex provides an innovative, user-friendly experience that meets the diverse needs of today's fitness enthusiasts.

### **Revolutionary Features for Every Fitness Level**

At the heart of FitFlex is its intuitive user interface, ensuring that every user, regardless of experience, can easily navigate through the platform. With a seamless design, FitFlex makes it effortless to discover new exercises, track progress, and stay engaged with a variety of workouts. The app boasts dynamic search capabilities, which let you explore an extensive range of exercises, from the latest fitness trends to time-tested routines. Whether you're looking for strength training, cardio, yoga, or specialized workouts, FitFlex brings you the most effective, up-to-date options tailored to your goals.

### **A Community-Driven Fitness Experience**

FitFlex isn't just an app—it's a community. Our platform fosters a vibrant, interactive environment where users can share their progress, exchange tips, and motivate each other. The app connects people from all walks of life, creating a supportive space for everyone to improve their health and wellness. From beginners seeking encouragement to professionals pushing their limits, FitFlex embraces all fitness levels and backgrounds, encouraging collaboration and shared growth. By incorporating social features, like workout challenges and leaderboards, users are able to stay motivated and track their journey alongside others with similar goals.

## Embark on Your Fitness Journey

The vision behind FitFlex is to make fitness accessible, enjoyable, and effective. Our mission is to help you achieve a balanced, healthier lifestyle, and we've designed FitFlex to guide you every step of the way. Whether you're learning the basics of fitness or exploring advanced techniques, FitFlex is here to provide the tools and knowledge needed for lasting success. With personalized recommendations, progress tracking, and engaging community support, FitFlex propels you towards your goals in ways that are both inspiring and achievable.

## The Evolution of Fitness Engagement

FitFlex represents the future of fitness. We're committed to not only providing users with tailored workouts but also promoting a holistic wellness experience. With each feature, we aim to enhance your fitness journey—bringing innovation, expert insights, and community-driven support all into one platform. FitFlex is built to grow with you, evolving alongside your fitness goals and helping you push boundaries, discover new workouts, and maintain a healthier lifestyle long-term.

Join FitFlex today and experience the next level of fitness engagement. From diverse workouts to a strong, motivating community, FitFlex is here to inspire, challenge, and support you in your pursuit of a healthier, stronger version of yourself. Your fitness journey starts here, where every tap takes you closer to a better tomorrow.

### SOURCE CODE

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

import { FaFireAlt } from "react-icons/fa";

import '../styles/HomeSearch.css'

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

import axios from 'axios';

const HomeSearch = () => {

  const navigate = useNavigate();

  const [search, setSearch] = React.useState("");
```

```
const [searchType, setSearchType] = useState('bodyPart');
```

```
const handleSearch = () => {  
  if (search !== '' && searchType === 'bodyPart') {  
    navigate(`/bodyPart/${search}`);  
    setSearch('');  
  } else if (search !== '' && searchType === 'equipment') {  
    navigate(`/equipment/${search}`);  
    setSearch('');  
  }  
}
```

```
const [bodyParts, setBodyParts] = useState([])
```

```
const [equipment, setEquipment] = useState([])
```

```
const bodyPartsOptions = {  
  method: 'GET',  
  url: 'https://exercisedb.p.rapidapi.com/exercises/bodyPartList',  
  headers: {  
    'X-RapidAPI-Key': '0663c770c6msh6f68e938d897819p16889ejsn82eab2a697e2',  
    'X-RapidAPI-Host': 'exercisedb.p.rapidapi.com'  
  }  
};
```

```
const equipmentOptions = {  
  method: 'GET',  
  url: 'https://exercisedb.p.rapidapi.com/exercises/equipmentList',  
  headers: {  
    'X-RapidAPI-Key': 'ae40549393msh0c35372c617b281p103ddcjsn0f4a9ee43ff0',  
    'X-RapidAPI-Host': 'exercisedb.p.rapidapi.com'  
  }  
}
```

```
};
```

```
useEffect(() => {
```

```
    fetchData();
```

```
}, [])
```

```
const fetchData = async () =>{
```

```
    try {
```

```
        const bodyPartsData = await axios.request(bodyPartsOptions);
```

```
        console.log(bodyPartsData.data);
```

```
        setBodyParts(bodyPartsData.data);
```

```
        const equipmentData = await axios.request(equipmentOptions);
```

```
        console.log(equipmentData.data);
```

```
        setEquipment(equipmentData.data);
```

```
    } catch (error) {
```

```
        console.error(error);
```

```
    }
```

```
}
```

```
return (
```

```
    <div className='home-search-component' id='search'>
```

```
        <h3>Search for Your Perfect Workout</h3>
```

```
        <div className="search-type-buttons">
```

```
            <h4>Search by: </h4>
```

```
            <span>
```

```
                <button className={searchType === 'bodyPart' ? 'active': ''} onClick={() => setSearchType('bodyPart')}>  
>Body Parts</button>
```

```
                <button className={searchType === 'equipment' ? 'active': ''} onClick={() => setSearchType('equipment')}>  
>Equipment</button>
```

```
            </span>
```

```

</div>

<div className='search-body'>

  {searchType === 'bodyPart' ?

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

      <option value="">Choose body part</option>

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

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

      ))}

    </select>

    :

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

      <option value="">Choose Equipment</option>

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

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

      ))}

    </select>

  }

  <button onClick={() => handleSearch()} >Search</button>
</div>

<div className="popular-categories-container">

  <span>

    <h5>Popular Categories</h5>

    <FaFireAlt className="fire-icon" />

  </span>

  <div className="popular-categories">

    <div className="popular-category" onClick={() => navigate("/bodyPart/back")} >

      <img

        <p>Back</p>

```

```
</div>

<div className="popular-category" onClick={()=> navigate("/bodyPart/cardio")}>

  <img

  <p>Cardio</p>

</div>

<div className="popular-category" onClick={()=> navigate("/equipment/dumbbell")}>

  <img

  <p>Dumbbells</p>

</div>

<div className="popular-category" onClick={()=> navigate("/bodyPart/chest")}>

  <p>Chest</p>

</div>

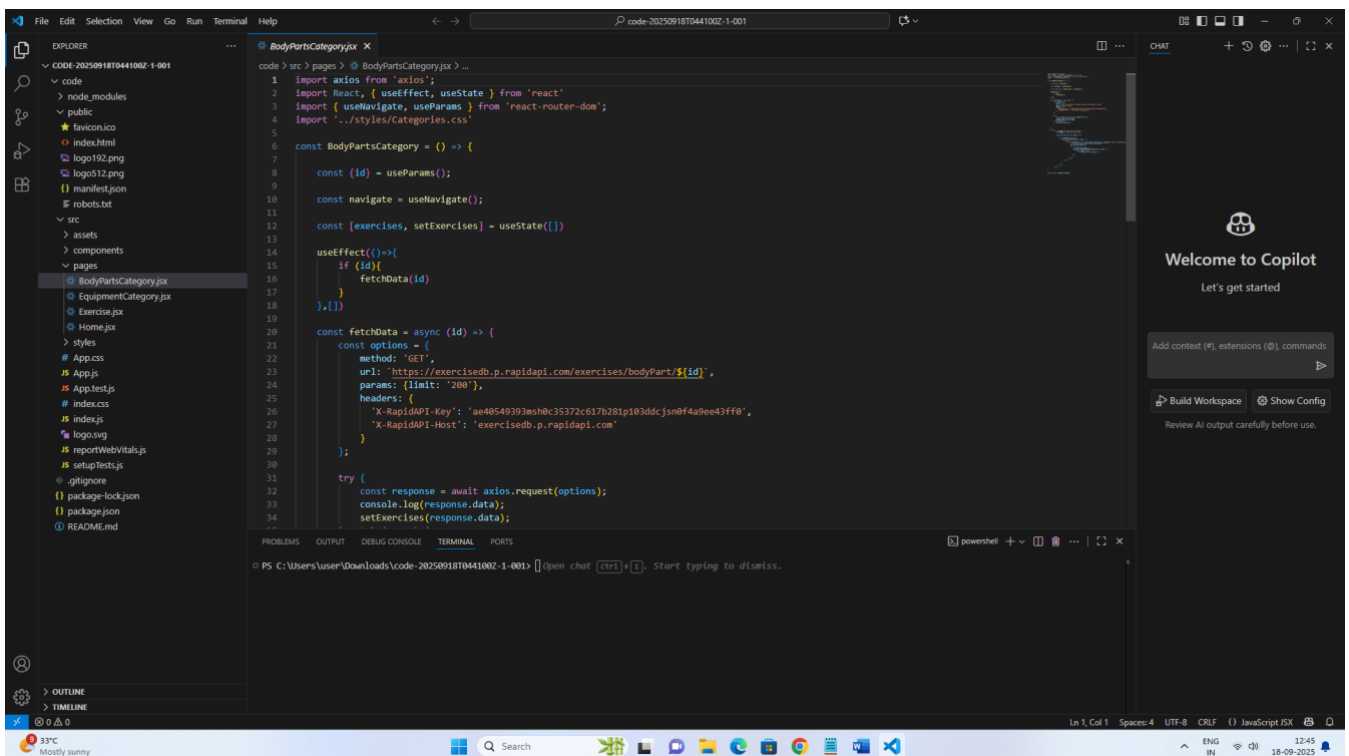
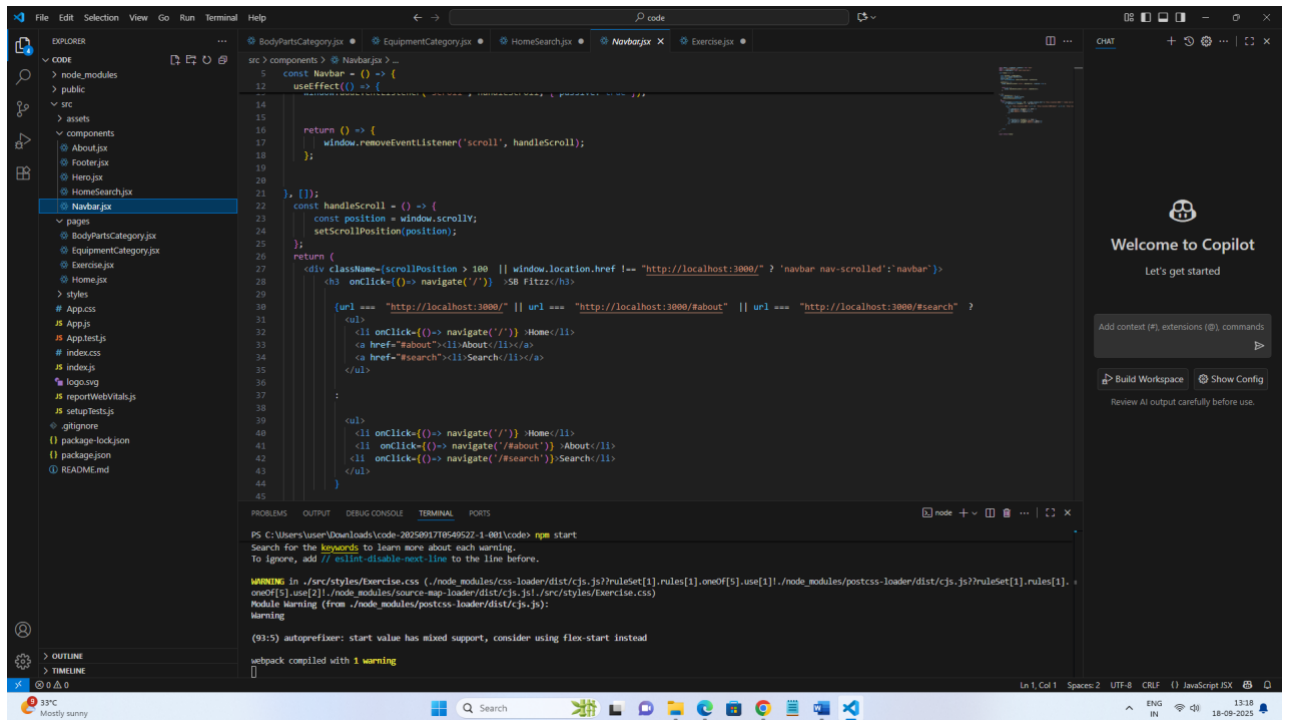
</div>

</div>

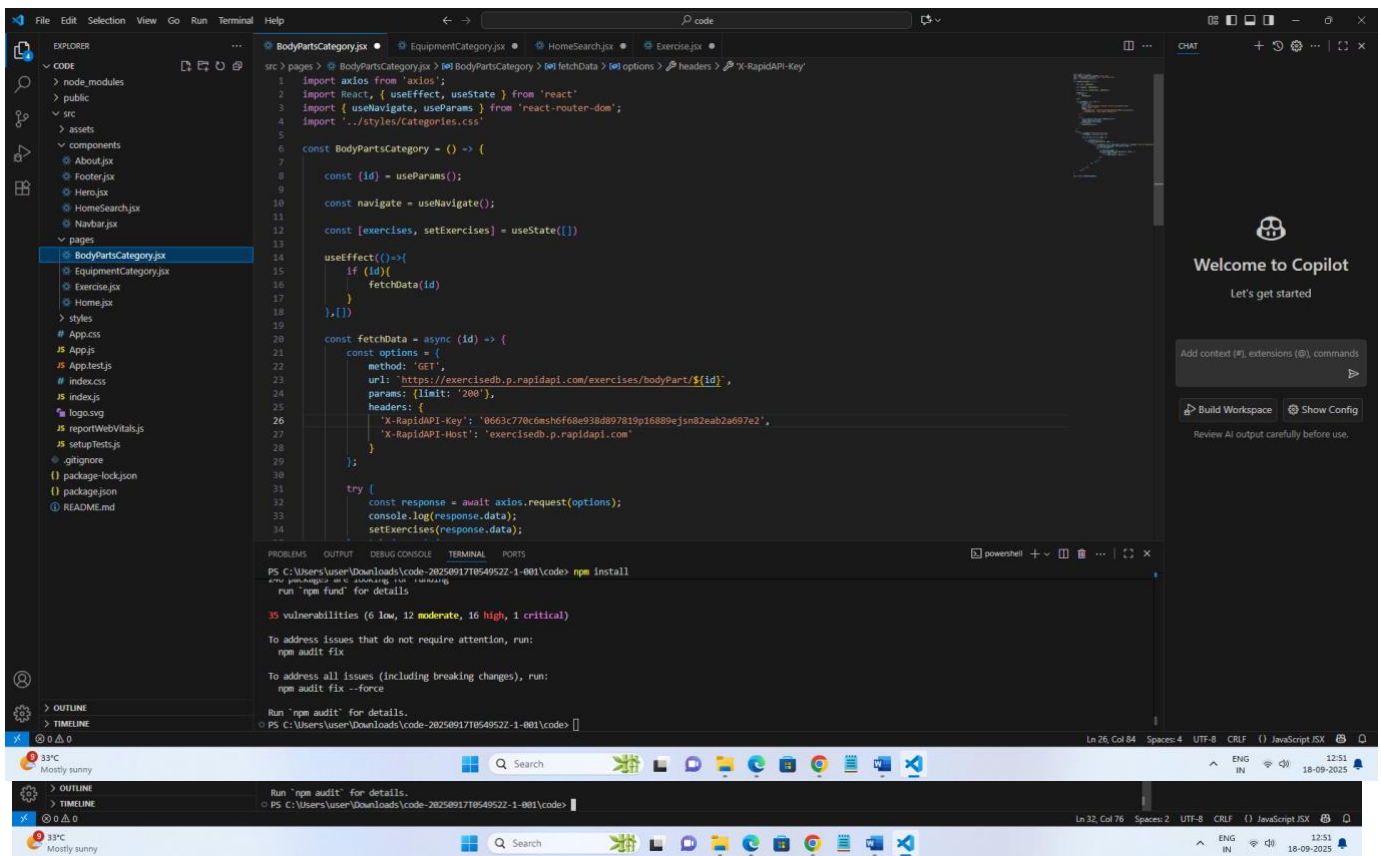
</div>

)
}

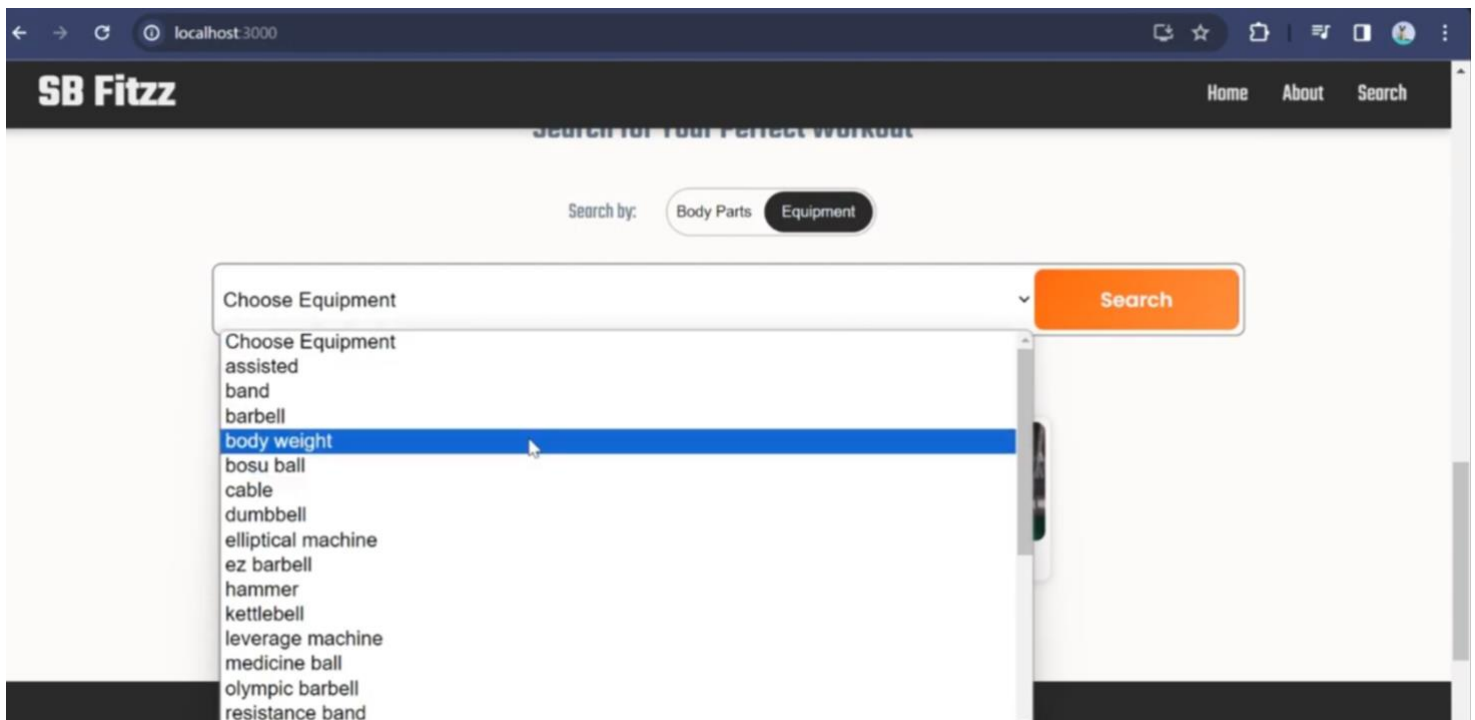
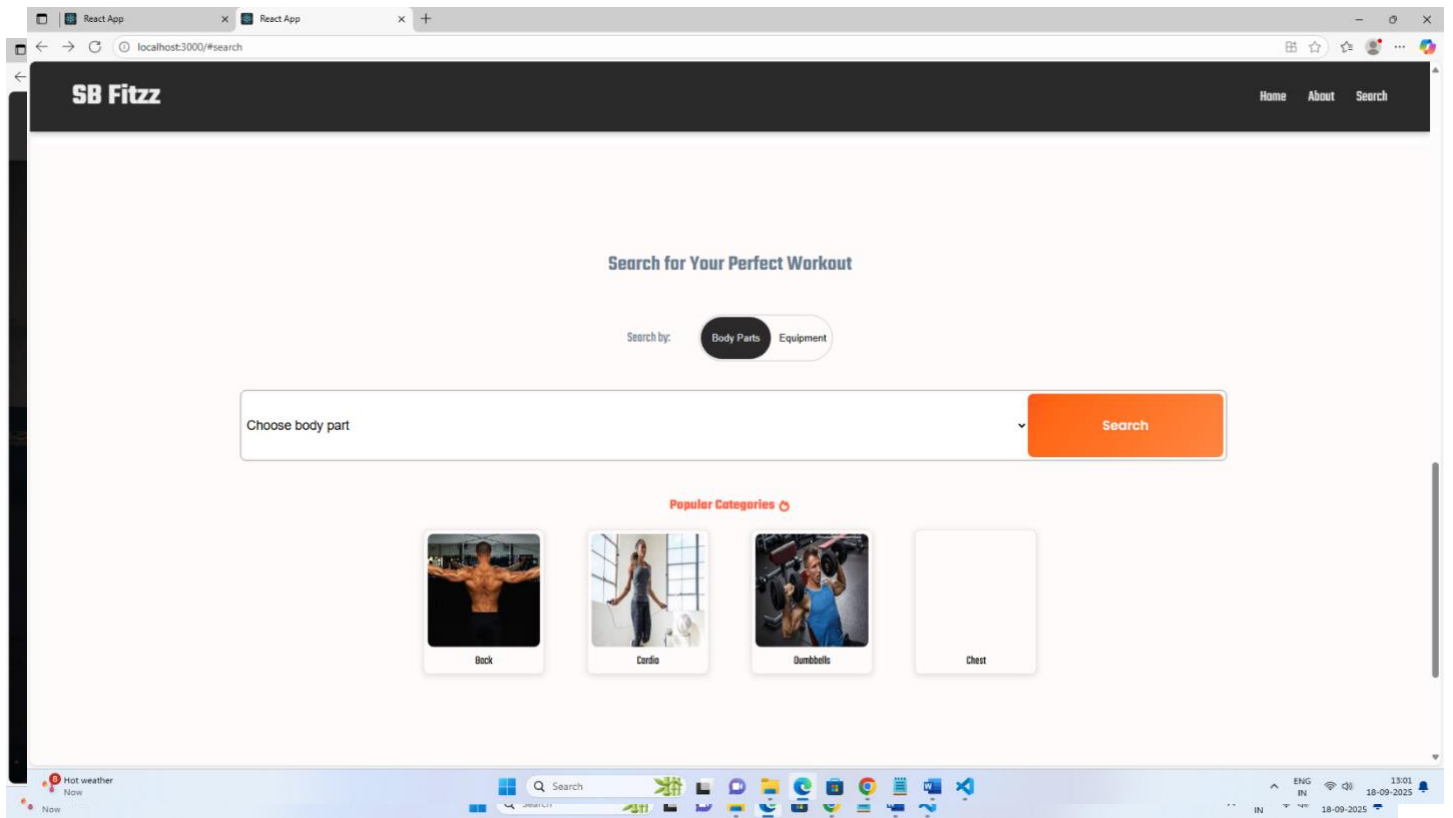
export default HomeSearch
```













band standing rear delt row

[deltoids](#) [trapezius](#) [rhomboids](#)



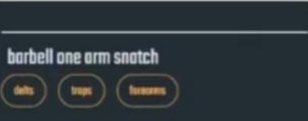
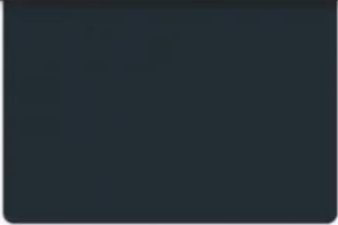
band twisting overhead press

[deltoids](#) [trapezius](#) [upper back](#)



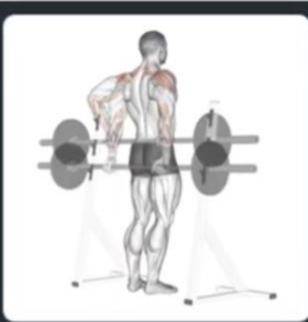
band y-raise

[deltoids](#) [trapezius](#) [rhomboids](#)



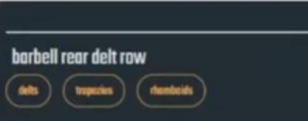
barbell one arm snatch

[deltoids](#) [trapezius](#) [triceps](#)



barbell rear delt raise

[deltoids](#) [trapezius](#) [rhomboids](#)



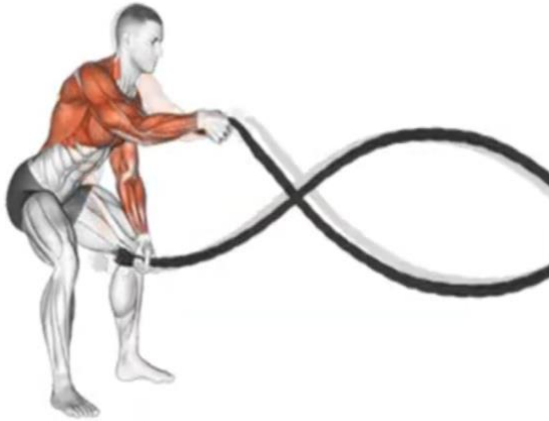
barbell rear delt row

[deltoids](#) [trapezius](#) [rhomboids](#)



barbell seated behind head military press

[deltoids](#) [trapezius](#) [upper back](#)



## battling ropes

Target: **delts**

Equipment: **rope**

Secondary Muscles: **forearms** **core**

### Instructions

- Stand with your feet shoulder-width apart and knees slightly bent.
- Hold one end of the rope in each hand, with your palms facing each other.
- Raise your arms to shoulder height, keeping your elbows slightly bent.
- Begin making alternating waves with the ropes by rapidly raising and lowering each arm.
- Continue for the desired duration or number of repetitions.

## DEMO LINK

The demo can be hosted locally by opening the HTML file in a browser. Alternatively ,it can be deployed using platforms like GitHub pages,

Netlify or vercel.Example demo link

<https://drive.google.com/file/d/1QM4VWAwwluowys3slo7Xi2zzMUVrhcpy/view?usp=drivesdk>