Project Design Phase
Proposed Solution Template

Date	6 March 2025
Team ID	SWTID1741165381147166
Project Name	Proposed Solution Template
Team Leader	SHERLIN S
Team member	PAVITHRA M
Team member	SWEDHA G
Team member	RENUKA S
Team member	SUNITHA V
Maximum Marks	2 Marks

Proposed Solution Template:

S.No.	Parameter	Description
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.