

□ **Introduction:**

All we know that the human body is the best picture of the human soul. Fitness is essential for healthy and tension free life. It being healthy and fit gives us energy to do anything. And we like to develop such a website for Fitness System which includes perfect diet, exercises, E-commerce platform, etc.

Now provide more support around improving our wellness by allowing us to track health and fitness achievements from anywhere. Additionally, we offer guidance on how to perform specific workouts and provide training regimes that can anyone follow from a the website.

Nowdays everyone need healthy and fit lifestyle. But because of this pandemic not possible for everyone to go gym and join so that's why our website helps people to take perfect training, diet plan from home for healthy life.

This project is designed to facilitate a fitness system to automates its operations of keeping records and proper database security. The website store data about members, diet, employees, etc. It also provide chat application facility to communicate with trainer for doubt solving.

□ **Working of system:**

All we know that the human body is the best picture of the human soul. Fitness is essential for healthy and tension free life. It being healthy and fit gives us energy to do anything. And we like to develop such a website for Fitness System which includes perfect diet, exercises, E-commerce platform, etc.

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This Design System that will manage:

- System can store data of users.
- It provides diet, exercises, and information related exercise

❖ MODULES:

A. Admin Module:

Admin login to the system.

B. Home Page:

It shows all modules like classes page, packages page, about us page, etc.

C. About Us Page:

It shows information fitness studio.

D. Schedule Page:

It provides schedule of fitness studio.

E. Trainer Page:

It shows information related trainers.

F. Gallery Page:

It shows images of exercises or feedback images.

G. Classes Page:

It provide classes like yoga, cardio, etc.

H. Packages Page:

It provide plan/packages about fitness studio.

I. Contact Us Page:

It provide contact details and we can contact to fitness studio.

J. User Module:

User can apply in fitness studio by filling registration form.