**Project Design Phase**

**Proposed Solution Template**

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| **Date** | **31 January 2025** |
| **Team ID** | **SWTID1741100666** |
| **Project Name** | **FitFlex** |
| **Team Size** | **4** |
| **Team Leader** | **S Praveenkumar** |
| **Team member** | **N Krishnamoorthy** |
| **Team member** | **K Elumalai** |
| **Team member** | **S Anupriya** |

**Proposed Solution Template:**

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| **S.No.** | **Parameter** | **Description** |
|  | 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. |
|  | 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. |
|  | Novelty / Uniqueness | Free and structured access to categorized workouts. |