

**Project Design Phase**  
**Proposed Solution Template**

<i>Date</i>	<i>6 March 2025</i>
<i>Team ID</i>	<i>SWTID1741252857156345</i>
<i>Project Name</i>	<i>Fitflex</i>
<i>Maximum Marks</i>	<i>2 Marks</i>

**Proposed Solution Template:**

<b>S.No.</b>	<b>Parameter</b>	<b>Description</b>
1.	<i>Problem Statement (Problem to be solved)</i>	<i>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.</i>
2.	<i>Idea / Solution description</i>	<i>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.</i>
3.	<i>Novelty / Uniqueness</i>	<i>Free and structured access to categorized workouts.</i>

