Project Design Phase
Proposed Solution Template

Date	6 March 2025
Team ID	SWTID1741151931
Project Name	FitFlex
Maximum Marks	2 Marks
Team Leader Email ID	K.Sudarshan 12550ds22@princescience.in
Team Member Email ID	S.Meshak 12588ds22@princescience.in
Team Member Email ID	S.Kishore 12596ds22@princescience.in
Team Member Email ID	V.Lingesh 12591ds22@princescience.in

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.