**FitFlex: Your Personal Fitness Companion**

**Ideation Phase**

**Brainstorm & Idea Prioritization**

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| Date | 10 March 2025 |
| Team ID |  |
| Project Name | FitFlex |
| Maximum Marks | 4 Marks |

**Functional Requirements:**

Following are the functional requirements of the proposed solution.

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| **FR No.** | **Functional Requirement (Epic)** | **Sub Requirement (Story / Sub-Task)** |
| FR-1 | Browsing Exercises | Browse Exercise by Body Parts  Browse Exercise by Equipment  Browse Exercise by Popular |
| FR-2 | Exercise Details | View exercise GIF, Target muscles, secondary muscles.  Confirmation via OTP |
| FR-3 | User Experience | Navigate Back to Home page. |

**Non-functional Requirements:**

Following are the non-functional requirements of the proposed solution.

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| **FR No.** | **Non-Functional Requirement** | **Description** |
| NFR-1 | **Usability** | The User Interface (UI) should be easy to navigate for all users of all skill levels. |
| NFR-2 | **Security** | API requests must be secure. |
| NFR-3 | **Reliability** | The system should handle API failures gracefully. |
| NFR-4 | **Performance** | The application should load data quickly. |
| NFR-5 | **Availability** | The system should maintain an uptime of at least 99.9%, ensuring accessibility across different time zones. |
| NFR-6 | **Scalability** | The app should handle increasing numbers of users and concurrent streams efficiently without performance degradation. The architecture should support future feature expansion. |