**Project Design Phase**

**Proposed Solution Template**

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| Date | 06 march 2025 |
| Team ID | SWTID1741248629152044 |
| Project Name | FitFlex |
| Maximum Marks | 5 Marks |

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| --- | --- | --- | --- |
| **Team members:** | **Register no:** | **ID no:** | **Team no:** |
| **Vetrivelan m (Team Leader)** | **212203944** | **22BCA78** | **Team 06** |
| **Karankarthikeyan s** | **212203942** | **22BCA05** | **Team 06** |
| **Sandhiveeran p** | **212203917** | **22BCA34** | **Team 06** |
| **Bharath s** | **212203869** | **22BCA58** | **Team 06** |
| **Sai surya g** | **212203939** | **22bac61** | **Team 06** |

**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. |