**Project Design Phase**

**Problem – Solution Fit Template**

| Date | 6 March 2025 |
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| Team ID | SWTID1741257475147583 |
| Project Name | FitFlex |
| Maximum Marks | 2 Marks |

**Problem – Solution Fit Overview:**

The **Problem-Solution Fit** ensures that the identified problem aligns with the needs of users and that the proposed solution effectively addresses it. This concept helps developers, marketers, and business strategists validate the **necessity and effectiveness** of their solution before further development.

### **Problem Statement:**

Many individuals struggle to find effective and engaging workout routines tailored to their specific fitness goals, body types, and available equipment. Existing fitness apps often lack personalization, interactive guidance, and a seamless experience that keeps users motivated.

### **Solution:**

FitFlix is a user-friendly fitness platform that provides personalized exercise recommendations, guided workout routines, and an extensive exercise library with instructional GIFs and details. The app ensures users can filter exercises by body part, equipment, and fitness level while maintaining a responsive and engaging user experience.

### **Key Features:**

* **Smart Search & Filters** – Find exercises by muscle group, equipment, or fitness goal.
* **Detailed Exercise Guides** – GIF demonstrations, step-by-step instructions, and muscle activation details.
* **Personalized Workout Plans** – Custom routines based on user preferences and fitness levels.
* **Mobile-Optimized Experience** – Fully responsive UI for seamless usage on any device.
* **Engagement & Tracking** – Progress tracking, workout history, and motivation features.