End Term Project

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Project Topic: Index

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Overview of website

In React, hooks are functions that allow you to *hook into* React state and lifecycle features from function components. This allows you to use React **without classes**.

When you take an initial look at the React Hooks documentation, you’ll see that there are several Hooks that we can use for our applications. You can even create your own. Some of the popular ones include:

* Use state: returns a stateful value
* Use Effect: perform side effects from function components
* useContext: accepts a context objects and returns current context value
* Use Callback: pass an inline callback and an array of dependencies

**Components of website**

* Navbar:

Navigation bar is a link to appropriate sections/pages in a website that helps readers in traversing the online document. Here navbar includes home and exercises.

* Search exercises:

Here text field is used to take input of body part from user and then search button is used to display exercises related to that bode part.

* Body part:

This component specifies different body parts and when clicked on any one of the body parts, the exercises related to that part will be shown.

* Exercise card:

This is the most important component of website which shows exercise name, exercise video, and targeted muscles. Exercise videos are fetched from

Backend using

* Loader:

If some problem occurs while fetching data from backend then an infinite spin occurs instead of exercise cards.

* Detail:

This component navigates user to other page where additional information about exercise like assistance required, similar exercises, benefits of exercise are displayed.

* Footer:

This component has gold’s gym name and logo, email for suggestions.

**Website is made using**

1. HTML
2. CSS
3. JAVASCRIPT

**User manual**

* User do not need to sing up or login.
* User can search the body part in search box or click on body part and exercises related to that body part will be shown.
* If user want to see details of exercise and whether exercise requires assistance then he/she can click on exercise and he/she will be navigated to detail page.

**How website looks**

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