

FRONT END ENGINEERING PROJECT

Personalized Workout Planner

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OVERVIEW

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INTRODUCTION

In today's fast-paced world, achieving fitness goals can be challenging without personalized guidance. Our Personalized Workout Planner, built with React, offers customized workout plans tailored to individual needs, goals, and preferences. Featuring an interactive UI, dynamic exercise recommendations, progress tracking, and nutritional guidance, this platform empowers users to embark on effective fitness journeys. It ensures accessibility and inclusivity, providing a comprehensive solution for all fitness enthusiasts.



PROBLEM STATEMENT

Many people struggle to achieve their fitness goals due to generic workout programs that fail to address individual needs, preferences, and constraints. This leads to frustration, demotivation, and ultimately, abandonment of fitness routines. Our project addresses this by offering a Personalized Workout Planner built with React, providing customized workout plans, nutritional guidance, and progress tracking, tailored to each user's unique requirements, thus enhancing engagement and effectiveness.



TECHNOLOGIES USED

1

HTML:

HTML (HyperText Markup Language) is the standard markup language for creating web pages. It provides the structure of the website by defining elements like headings, paragraphs, links, and forms.

2

CSS:

CSS (Cascading Style Sheets) is used to style and layout web pages. It controls the visual presentation, including colors, fonts, spacing, and responsiveness, enhancing the overall user experience.

3

React:

React is a JavaScript library for building user interfaces, particularly single-page applications. It allows developers to create reusable UI components, manage state effectively, and render dynamic content efficiently.



FEATURES

- **Personalized Exercise Plans:**

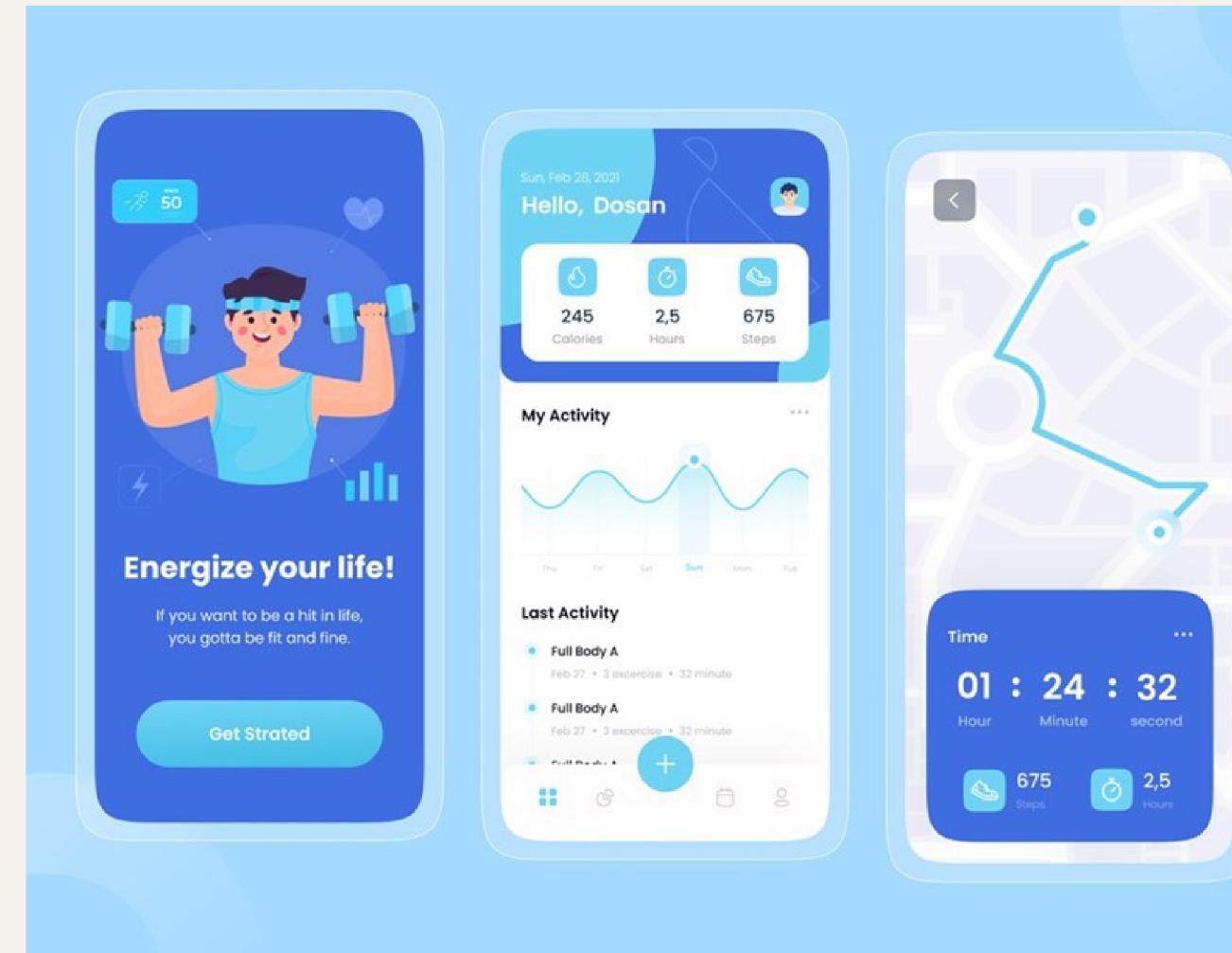
Tailor workout plans to user-selected muscle groups, instruments, and fitness levels, ensuring relevance and effectiveness for each individual's fitness journey.

- **Real-time Data Integration:**

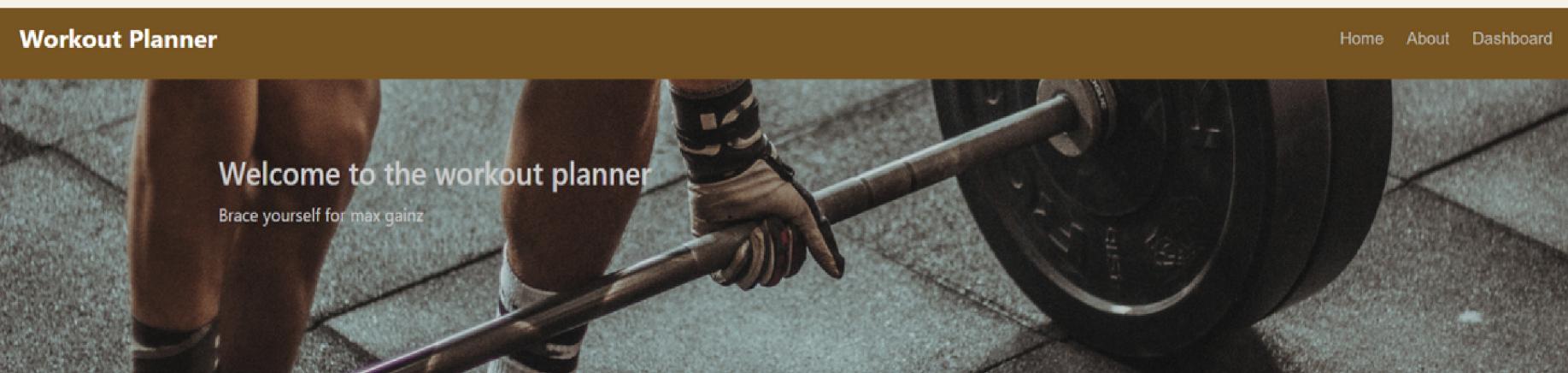
Fetch real-time data from external APIs, providing users with the latest and most accurate workout plans based on their specific inputs.

- **Customizable Workout Schedules:**

The dashboard allows users to manage their workout schedules by adding or removing exercises, offering flexibility and control over their fitness routines.



SNAPSHOTS



Create Your Personalized Workout:

Muscles:

Equipment:

Intensity Level:

Here is your workout plan:

Beginner Sets: 3 Sets with 12 to 15 reps

3 Minutes Break

Intermediate Sets: 4 Sets with 8 to 12 reps

5 Minutes Break

Expert Sets: 5 Sets with 3 to 10 reps

Relaxation exercise and rest

Explanation: Resistance Band Bicep Curl: Stand on a resistance band and curl your hands towards your shoulders.

Long Explanation: The Resistance Band Bicep Curl is a weight training exercise targeting the Biceps. It involves using Resistance band, focusing on the form and technique to effectively engage the muscles. Ideal for strength building and muscle definition, it's important to maintain controlled movements throughout.

Video: [Video explanation](#)

Workout: [Resistance Band Bicep Curl](#)

SNAPSHOTS

Workout Planner

Home About Dashboard

DASHBOARD

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Add Exercise

Workout Planner

Home About Dashboard

DASHBOARD

Monday

- muscles Remove

Add Exercise

Tuesday

- back Remove
- bench press Remove

Add Exercise

Wednesday

- legs Remove

Add Exercise

Thursday

- squats Remove
- push ups Remove

Add Exercise

Friday

- overhead press Remove

Add Exercise

Saturday

- deadlift Remove

Add Exercise

Sunday

Add Exercise

CONCLUSION

In conclusion, our Personalized Workout Planner, developed using HTML, CSS, and React, offers a user-centric solution for fitness enthusiasts. By providing tailored workout plans based on muscle group, equipment, and fitness level, it ensures relevance and effectiveness. The interactive interface and real-time data integration enhance user engagement, while the customizable dashboard empowers users to manage their workout schedules flexibly. This project successfully combines technology and fitness, fostering a more personalized and effective approach to achieving health goals.

THANK YOU