

Frontend Development with React.js

Project Documentation format.

FitFlex: Your Personal Fitness Companion

1. Introduction

Project Title: FitFlex: Your Personal Fitness Companion

Team Members:

Team Leader Name: G.Dhinakaran

Team Member Name: P.Dharshan

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Team id:

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2. Project Overview

Purpose:

FitFlex is designed to help users achieve their fitness goals by providing personalized workout plans, exercise tracking, and progress monitoring. The platform offers intuitive navigation, motivating features, and insightful analytics to enhance the user's fitness journey.

Features:

- Personalized Workout Plans
- Exercise Category Filter (e.g., Strength, Cardio, Yoga, etc.)
- Progress Tracking and Goal Setting
- Daily Workout Reminders
- Interactive Workout Demonstrations
- Bookmark Feature for Favorite Exercises
- Light/Dark Mode for Improved User Experience
- Responsive Design for Mobile and Desktop

3. Architecture

Component Structure:

- App.js** — Root component that manages layout and routing
- Header.js** — Navigation bar with search functionality
- WorkoutList.js** — Displays categorized workout plans
- WorkoutCard.js** — Individual workout details with instructions
- WorkoutDetails.js** — Displays step-by-step workout guidance
- Footer.js** — Provides useful fitness tips and motivational quotes

State Management:

- Context API — Manages global states like theme preferences, saved workouts, and progress tracking

Routing:

- React Router — Used for seamless navigation across categories, workout details, and user profile

4. Setup Instructions

Prerequisites:

- Node.js (v18 or higher) -
- npm or yarn

Installation:

1. Clone the Repository:

```
git clone https://github.com/darunraj0071/fitflex-app.git
cd fitflex-app
```

2. Install Dependencies:

```
npm install
```

3. Create `.env` file:

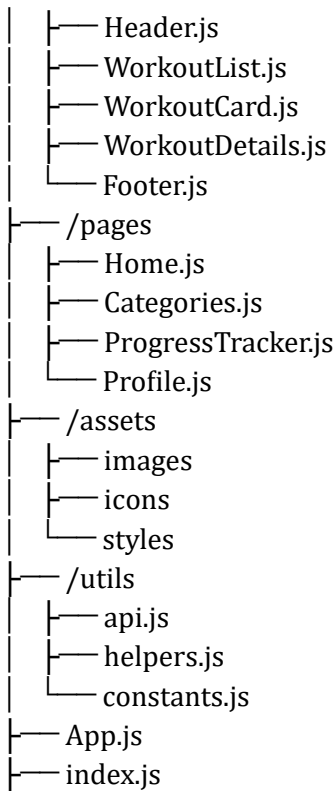
```
REACT_APP_FITNESS_API_KEY=your_api_key_here
```

4. Run the Application:

```
npm start
```

5. Folder Structure

```
/src
├── /components
```



6. Running the Application

Frontend Server Command:

```
``` bash
npm start
```
```

7. Component Documentation

Key Components:

Header: Provides navigation and search functionality

WorkoutList: Displays workout plans categorized by type

WorkoutCard: Shows workout details such as steps, duration, and tips

WorkoutDetails: Provides detailed instructions, video demos, and progress tracking

Reusable Components:

Button Component: Used for 'Start Workout,' 'Save Plan,' or 'Track Progress' actions

Modal Component: Displays workout instructions in a popup

8. State Management

Global State:

- Managed using **Context API** for workout tracking, theme settings, and reminders

Local State:

- Managed via React's `useState()` for dynamic UI elements like forms and pagination

9. User Interface

- Clean, modern interface designed for fitness enthusiasts
- Motivational quotes and tips integrated throughout the platform - Dynamic progress bars and goal trackers for better visualization

10. Styling

CSS Frameworks/Libraries:

- **Tailwind CSS** — Used for fast, scalable, and responsive design

Theming:

- Integrated Light/Dark Mode for improved user comfort

11. Testing

Testing Strategy:

Jest — For unit testing of components

React Testing Library — For integration and user interaction testing

Code Coverage:

- Ensured high test coverage with Jest reports



12. Screenshots or Demo

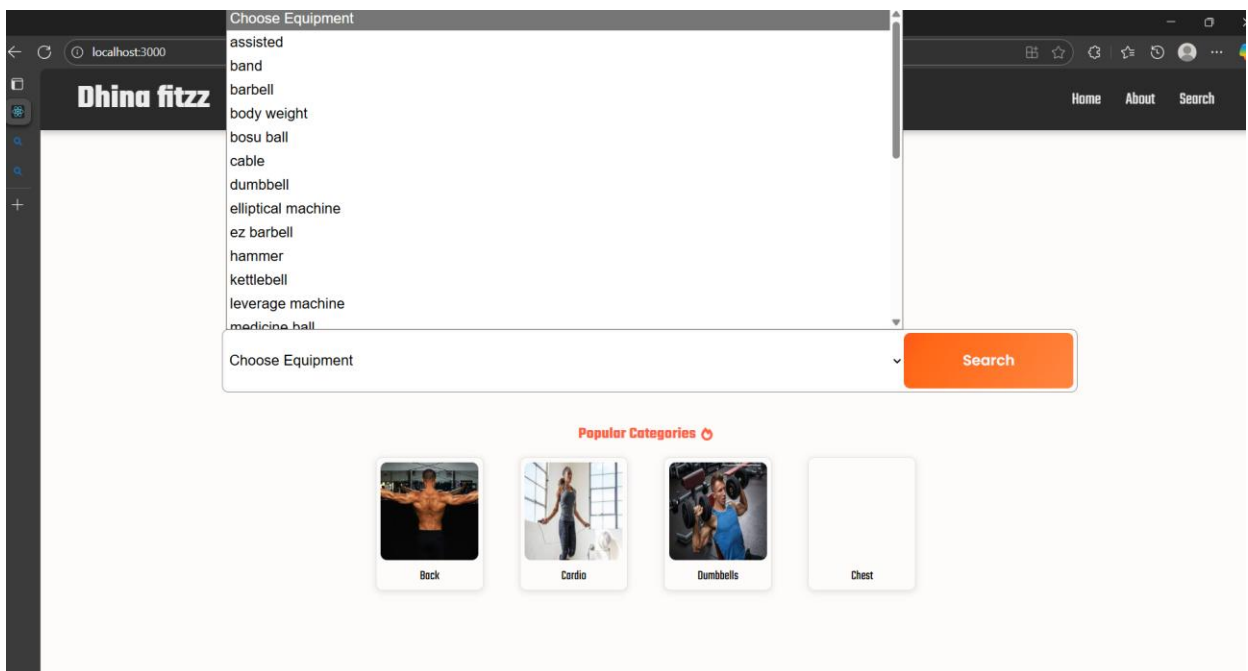
Screenshot:



— About Us

Embark on a Fitness Odyssey with dhina Fitzz..

Welcome to Dhina Fitzz, where the beat of cutting-edge workouts harmonizes with the contagious enthusiasm of a community that's more like family. Our mission? To help you unleash your full potential, one energizing workout at a time. Embark on a fitness journey that's not just about exercise; it's a dance of self-discovery and empowerment. Join the movement. Find your rhythm. Redefine fitness. This is SB Fitzz, where every step you take brings you closer to the best version of yourself.



Search for Your Perfect Workout

Search by:

Body Parts

Equipment

Choose body part

Choose body part

back

cardio

chest

lower arms

lower legs

neck

shoulders

upper arms

upper legs

waist

Search

Search for Your Perfect Workout

Search by:

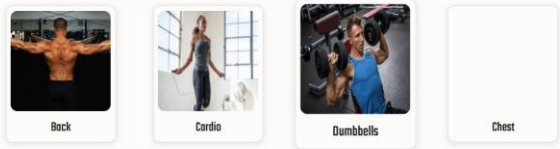
Body Parts

Equipment

Choose body part

Search

Popular Categories 🔥




FITNESS APP

localhost:3000/equipment/body%20weight

DARUN Fitzz

HomeAboutSearch

category: body weight




3/4 sit-up

abs

hip flexors


lower back



45° side band

abs


obliques



air bike

abs


hip flexors




alternate heel touchers

abs


obliques




3/4 sit-up



45° side band



air bike



alternate heel touchers

31°C

Haze

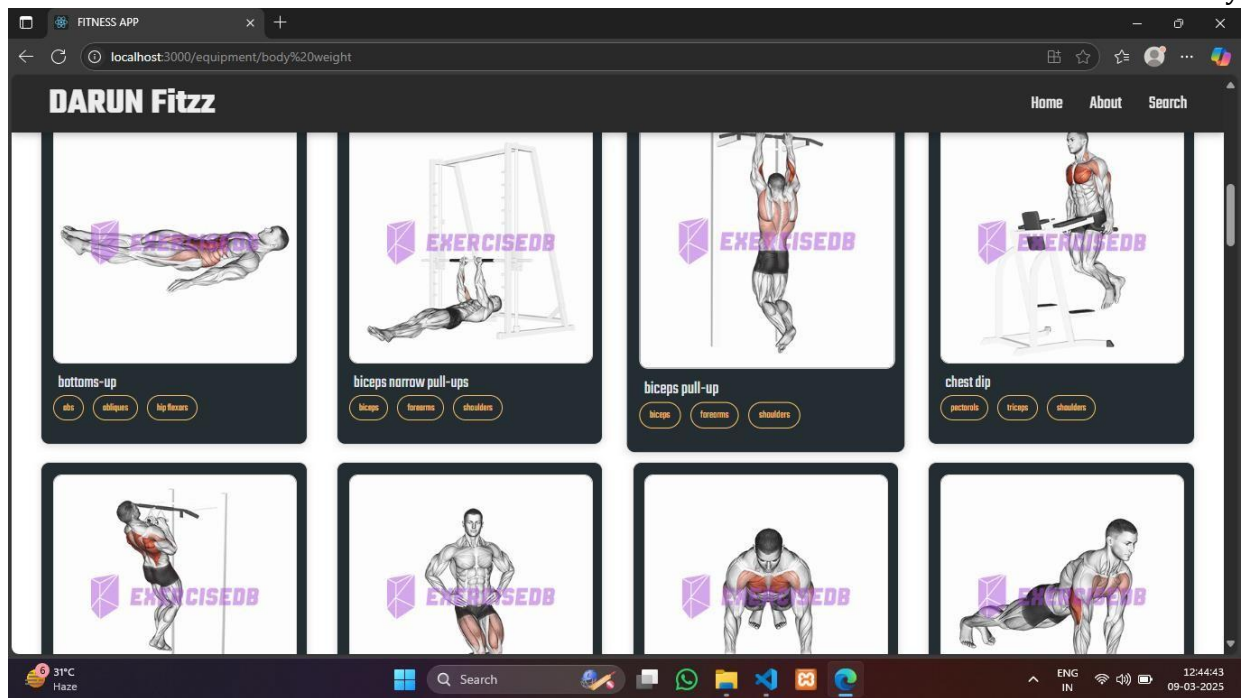
Search

ENG

IN

12:44:32

09-03-2025



Live Demo Link:

13. Known Issues

- Some animations may lag on older devices
- Progress tracking may require additional optimization for large data entries

14. Future Enhancements

- Social Sharing for Workout Achievements
- Custom Workout Creator with Drag-and-Drop Interface
- Integration with Smartwatches for Real-Time Activity Tracking
- Personalized Diet Recommendations Based on Workout Progress