

## Project Design Phase

### Problem – Solution Fit Template

|               |                       |
|---------------|-----------------------|
| Date          | 8 March 2025          |
| Team ID       | SWTID1741243998155238 |
| 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.

#### Purpose:

- Address the **lack of a structured and interactive fitness guidance platform** for users who seek customized exercises based on body parts or equipment.
- Provide an intuitive and engaging experience for users to **discover exercises quickly** without the need for manual research.
- Offer seamless navigation and **real-time data retrieval** from **ExerciseDB API** to enhance user experience.
- Improve accessibility and engagement through an **interactive UI, responsive design, and well-structured data flow**.

#### Problem Statement:

Many users struggle to find **relevant and structured exercise information** online, leading to frustration and inconsistency in their fitness journey. Most available platforms either require paid memberships or provide unstructured exercise listings without filtering options based on equipment or body parts.

#### Solution:

- A **React.js-based Fitness Web Application** that provides users with an easy-to-navigate interface to explore exercises by **body parts and equipment**.
- Integration with **ExerciseDB API** ensures users get **up-to-date and detailed exercise information** with images and descriptions.
- **Axios-powered API requests** ensure smooth data retrieval with minimal delays.
- **Categorization and search functionalities** improve accessibility and user engagement.
- A scalable and **responsive UI design** ensures seamless experience across different devices.