

PROJECT DOCUMENTATON

INTRODUCTION

Project Title:FitFlex: Your Personal Fitness Companion

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PROJECT OVERVIEW:

The purpose of the Fittflex is it empowers individuals to achieve their health and wellness goals from any location,at any time. Its should platform allows users to access personalized workout plans, nutritional guidance, instructional videos, and more.

Project Goals and Objectives:

The overarching aim of SB Fitzz is to offer an accessible platform tailored for individuals passionate about fitness, exercise, and holistic well-being.

Our key objectives are as follows:

- **User-Friendly Experience:** Develop an intuitive interface that facilitates easy navigation, enabling users to effortlessly discover, save, and share their preferred workout routines.
 - **Comprehensive Exercise Management:** Provide robust features for organizing and managing exercise routines, incorporating advanced search options for a personalized fitness experience.
- **Technology Stack:** Harness contemporary web development technologies, with a focus on React.js, to ensure an efficient and enjoyable user experience.

Features of SB Fitzz:

- **Exercises from Fitness API:** Access a diverse array of exercises from reputable fitness APIs, covering a broad spectrum of workout categories and catering to various fitness goals.
- **Visual Exercise Exploration:** Engage with workout routines through curated image galleries, allowing users to explore different exercise categories and discover new fitness challenges visually.

Intuitive and User-Friendly Design: exercise selection.

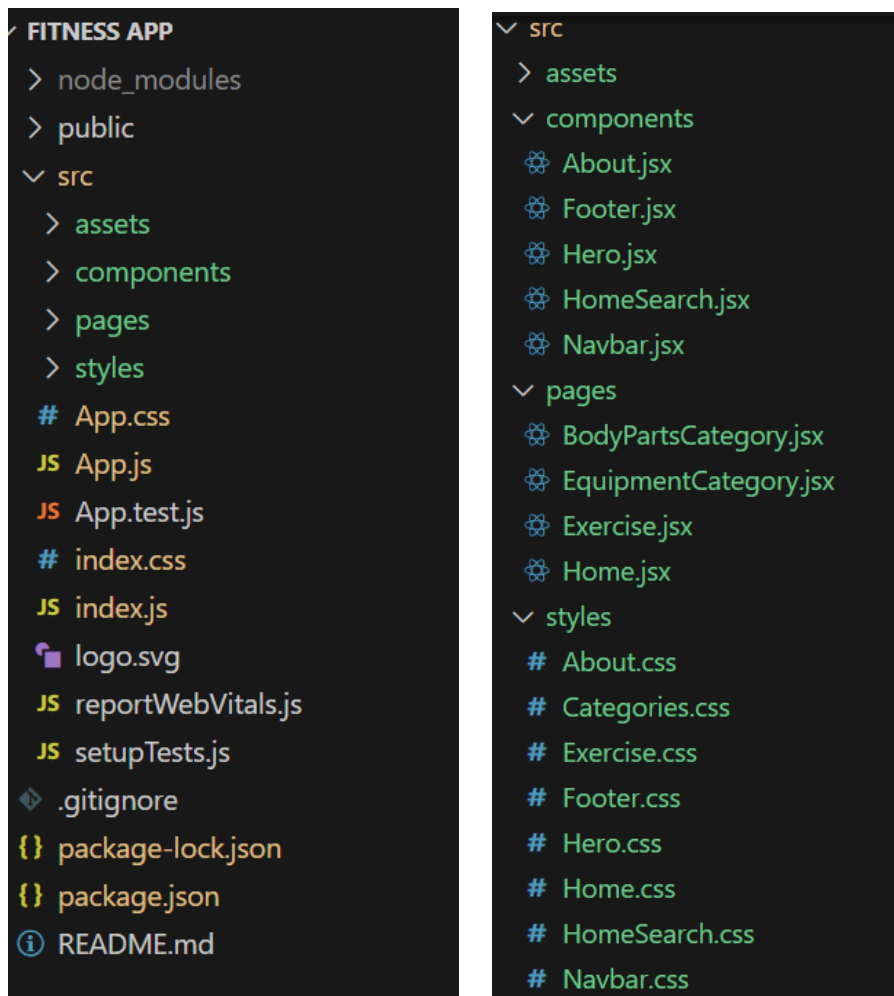
Advanced Search Feature: Easily find specific exercises or workout plans through a powerful search feature, enhancing the app's usability for users with varied fitness preferences.

Importance of fitflex:

The Fitflex app is designed to train people for fitness anywhere, anytime. This app provides training plans containing short, fitness goal-centric workouts from top international and local trainers. It also includes personalized nutrition plans for its users.

PROJECT STRUCTURE:

Project structure:



In this project, we've split the files into 3 major folders, *Components*, *Pages* and *Styles*. In the pages folder, we store the files that acts as pages at different URLs in the application. The components folder stores all the files, that returns the small components in the application.

Milestone 1: Project setup and configuration.

- **Installation of required tools:**

1. Open the project folder to install necessary tools

In this project, we use:

- React Js
 - React Router Dom
 - React Icons
 - Bootstrap/tailwind css
 - Axios
- For further reference, use the following resources

Milestone 2: Project Development

- ❖ Setup the Routing paths

Setup the clear routing paths to access various files in the application.

Ex:

```
<div className="App">

  <Navbar />

  <Routes>

    <Route path="/" element={<Home />} />
    <Route path="/bodyPart/:id" element={<BodyPartsCategory />} />
    <Route path="/equipment/:id" element={<EquipmentCategory />} />
    <Route path="/exercise/:id" element={<Exercise />} />
  </Routes>

  <Footer />

</div>
```

- ❖ Develop the Navbar and Hero components
- ❖ Code the popular search/categories components and fetch the categories from **rapid Api**.
- ❖ Additionally, we can add the component to subscribe for the newsletter and the footer.
- ❖ Now, develop the category page to display various exercises under the category.
- ❖ Finally, code the exercise page, where the instructions, other details along with related videos from the YouTube will be displayed.

```

const bodyPartsOptions = {
  method: 'GET',
  url: 'https://exercisedb.p.rapidapi.com/exercises/bodyPartList',
  headers: {
    'X-RapidAPI-Key': 'place your api key',
    'X-RapidAPI-Host': 'exercisedb.p.rapidapi.com'
  }
};

const equipmentOptions = {
  method: 'GET',
  url: 'https://exercisedb.p.rapidapi.com/exercises/equipmentList',
  headers: {
    'X-RapidAPI-Key': 'place your api key',
    'X-RapidAPI-Host': 'exercisedb.p.rapidapi.com'
  }
};

useEffect(() => {
  fetchData();
}, [])

const fetchData = async () =>{
  try {
    const bodyPartsData = await axios.request(bodyPartsOptions);
    setBodyParts(bodyPartsData.data);

    const equipmentData = await axios.request(equipmentOptions);
    setEquipment(equipmentData.data);
  } catch (error) {
    console.error(error);
  }
}

```

➤ **Fetching exercises under particular category**

```

const fetchData = async (id) => {
  const options = {
    method: 'GET',
    url: `https://exercisedb.p.rapidapi.com/exercises/equipment/${id}`,
    params: {limit: '50'},
    headers: {
      'X-RapidAPI-Key': 'your api key',
      'X-RapidAPI-Host': 'exercisedb.p.rapidapi.com'
    }
  };

  try {
    const response = await axios.request(options);
    console.log(response.data);
    setExercises(response.data);
  } catch (error) {
    console.error(error);
  }
}

```

➤ Fetching Exercise details

```

useEffect(()=>{
  if (id){
    fetchData(id)
  }
},[id])

const fetchData = async (id) => {
  const options = {
    method: 'GET',
    url: `https://exercisedb.p.rapidapi.com/exercises/exercise/${id}`,
    headers: {
      'X-RapidAPI-Key': 'ae40549393msh0c35372c617b281p103ddcjsn0f4a9ee43ff0',
      'X-RapidAPI-Host': 'exercisedb.p.rapidapi.com'
    }
  };

  try {
    const response = await axios.request(options);
    console.log(response.data);
    setExercise(response.data);

    fetchRelatedVideos(response.data.name)
  } catch (error) {
    console.error(error);
  }
}

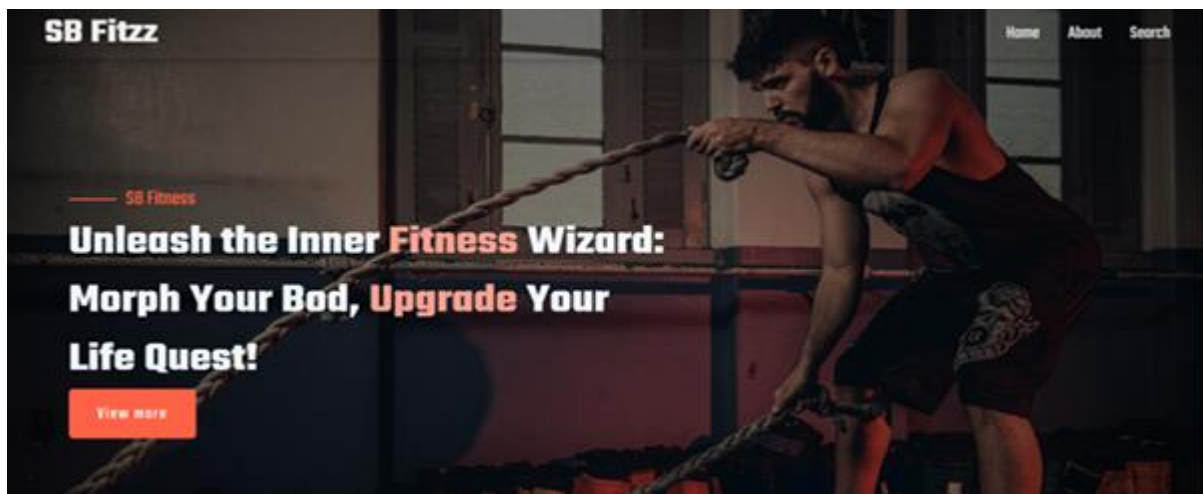
```

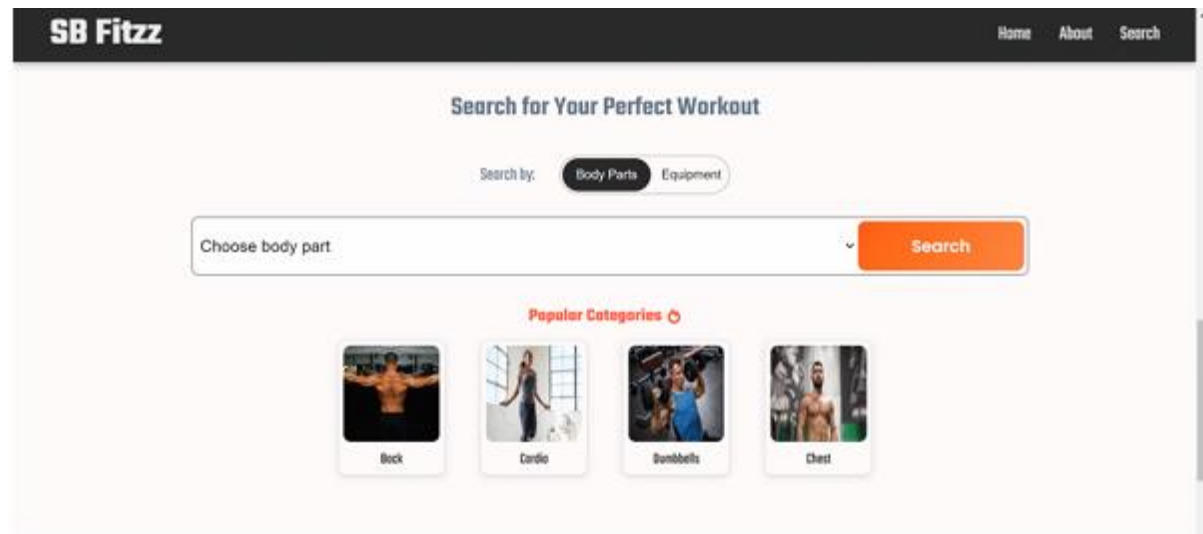
➤ Fetching related videos from YouTube

```
const fetchRelatedVideos = async (name)=>{
  console.log(name)
  const options = {
    method: 'GET',
    url: 'https://youtube-search-and-download.p.rapidapi.com/search',
    params: {
      query: `${name}`,
      hl: 'en',
      upload_date: 't',
      duration: 'l',
      type: 'v',
      sort: 'r'
    },
    headers: {
      'X-RapidAPI-Key': 'ae40549393msh0c35372c617b281p103ddcjsn0f4a9ee43ff0',
      'X-RapidAPI-Host': 'youtube-search-and-download.p.rapidapi.com'
    }
  }
};

try {
  const response = await axios.request(options);
  console.log(response.data.contents);
  setRelatedVideos(response.data.contents);
} catch (error) {
  console.error(error);
}
```

SCREENSHOTS





CONCLUSION:

Fitflex is a comprehensive fitness platform that offers personalized plans, nutritional guidance, and community support, addressing the need for Customization, engagement in the fitness market. by leveraging AI for tailored plans and providing a user-friendly interface.