

Project Design Phase
Proposed Solution Template

Date	6 March 2025
Team ID	SWTID1741254293157987
Project Name	FitFlex: Your Personal Fitness Companion
Maximum Marks	2 Marks

Team leader	SARAVANAN M
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Proposed Solution Template:

S.No.	Parameter	Description
1.	Problem Statement (Problem to be solved)	Many users struggle to find structured, easy-to-follow workout plans tailored to their needs (body parts, available equipment). Existing resources are either scattered, unstructured, or behind paywalls.
2.	Idea / Solution description	A React.js-based fitness web application that allows users to discover exercises categorized by body parts and equipment. The application integrates with ExerciseDB API to provide realtime workout information, images, and descriptions.
3.	Novelty / Uniqueness	Free and structured access to categorized workouts.