

FITFLEX: YOUR PERSONAL FITNESS COMPANION

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PROJECT OVERVIEW:

FITFLEX is a web-based fitness platform designed for individuals passionate about fitness, exercise, and holistic well-being. It helps users discover, save, and share workout routines with ease.

- Key Objectives:

- Accessible Fitness Platform: A website for all fitness levels with easy navigation.
- Comprehensive Exercise Management: Organize and manage workout routines with details.
- Advanced Search & Filter: Find exercises by body part, equipment, difficulty, or goals.
- Personalization & Tracking: Save favourite exercises, create workout plans, track progress.
- Motivation & Engagement: Tips, challenges, and features to keep users motivated.

ARCHITECTURE:

- Frontend: React.js with HTML5, CSS3, and JavaScript (ES6+)
- Backend: JavaScript-based logic handled with React components (no server-side required initially)
- Version Control: Git for managing code and versions used to view code of an users

SETUP INSTRUCTIONS:

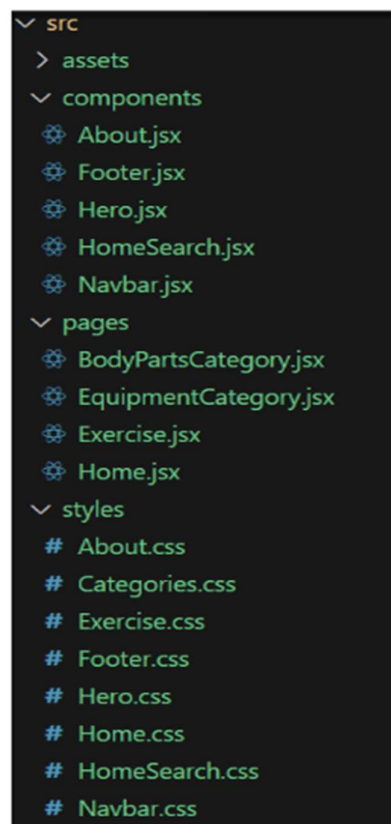
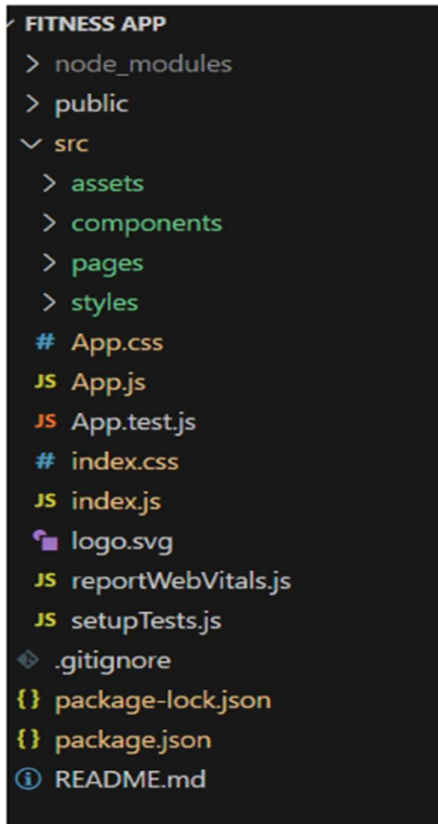
❖ Prerequisites: Node.js, Git, React.js, Visual Studio Code

- Installation Steps:

- Clone the repository → `git clone <repo_url>`
- Start development server → `npm start`

FOLDER STRUCTURE:

```
FITFLEX/  
  
myreactapp  
  
|-- public/    # Static files and assets  
  
|-- src/      # React frontend source code  
  
| |-- components/  
  
| |-- pages/  
  
|-- package.json  
  
|-- README.md
```



COMMENT TO RUN CODE:

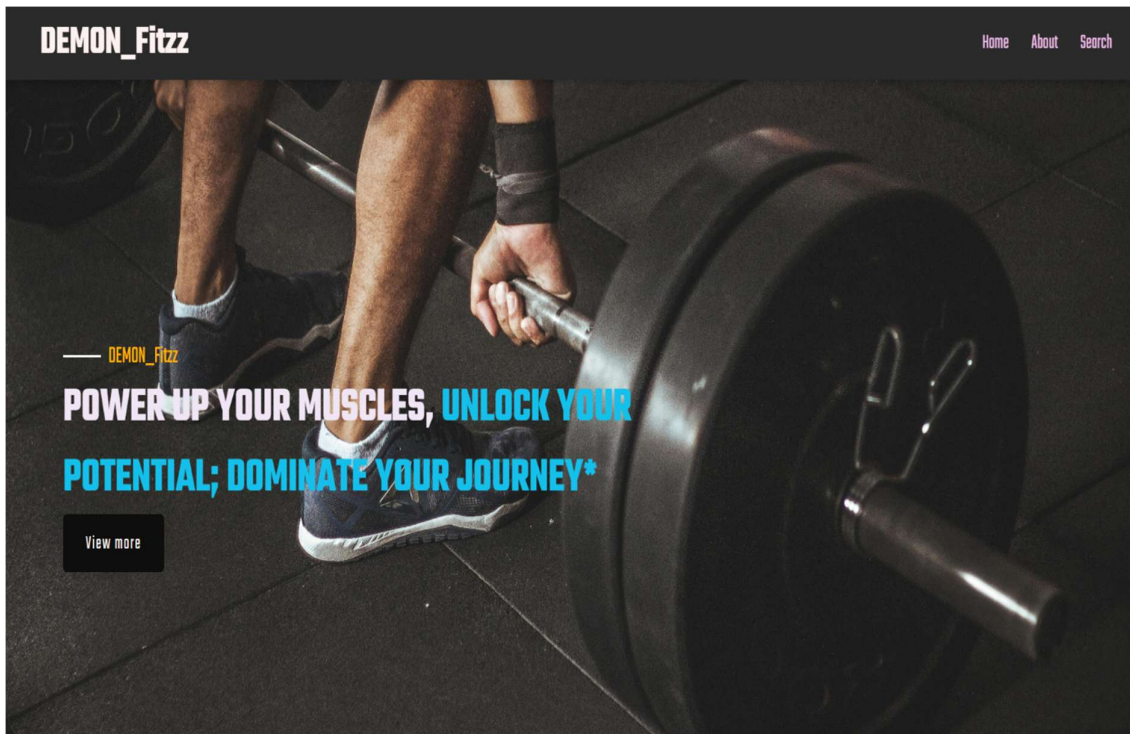
- Start the frontend → npm start
- Open in browser at → <http://localhost:3006>
- Terminal cd tab myreactapp npm start enter

USER INTERFACE:

- Home Page: Displays website name, motivational quote, and featured workout images.
- About Page: Explains the importance of exercise with a body builder images.
- Search Page: Options to search workouts by body parts and equipment, with instructions and related videos

OUTPUT:

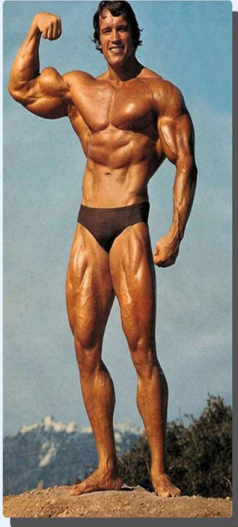
HOME :



HOME PAGE:

DEMON_Fitzz

HomeAboutSearch



About Us

UNLEASH YOUR INNER BEAST WITH
DEMON_Fitzz..

Welcome to DEMON_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 DEMON_Fitzz, where every step you take brings you closer to the best version of yourself

GOOD THINGS TAKES TIME

HOME SEARCH :

DEMON_Fitzz

HomeAboutSearch

Search for Your Perfect Workout

Search by: Body PartsEquipment

Choose Equipment

Search

Popular Categories 🔥

Back

Cardio

Dumbbells

Chest

BODY PARTS:

DEMON_Fitzz

[Home](#) [About](#) [Search](#)

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

EQUIPMENTS:

DEMON_Fitzz

[Home](#) [About](#) [Search](#)

Search for Your Perfect Workout

Search by:

Body Parts

Equipment

Choose Equipment

Choose Equipment

assisted

band

barbell

body weight

bosu ball

cable

dumbbell

elliptical machine

ez barbell

hammer

kettlebell

leverage machine

medicine ball

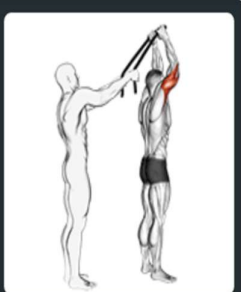
Search

BODY PARTS EXERCISE:

DEMON_Fitzz

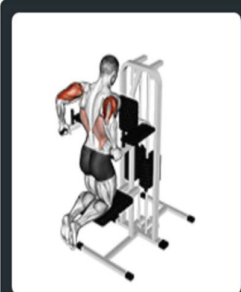
[Home](#) [About](#) [Search](#)

Category: **upper arms**



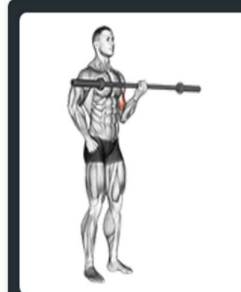
assisted standing triceps extension (with towel)

triceps shoulders



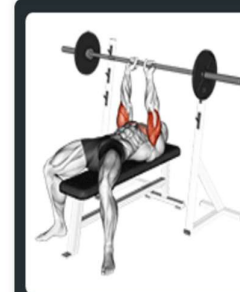
assisted triceps dip (kneeling)

triceps chest shoulders




barbell alternate biceps curl

biceps forearms




barbell close-grip bench press

triceps chest shoulders




barbell overhead press

triceps shoulders




barbell front squat

triceps chest shoulders



barbell bicep curl

biceps forearms



barbell tricep extension

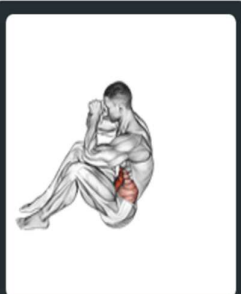
triceps shoulders

EQUIPMENT PAGE:

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[Home](#) [About](#) [Search](#)

Category: **body weight**



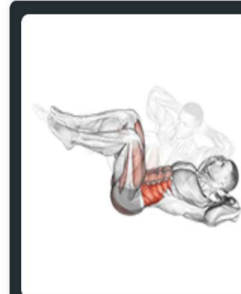
3/4 sit-up

abs hip flexors lower back



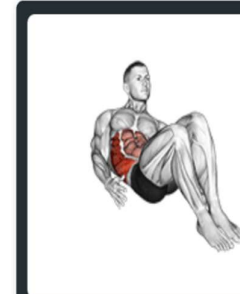
45° side bend

abs obliques




air bike

abs hip flexors




alternate heel touchers

abs obliques




plank

abs




side plank

abs obliques



forearm plank

abs




bird dog

abs

EXERCISE:

DEMON_Fitzz[Home](#)[About](#)[Search](#)



alternate lateral pulldown

Target: **lats**

Equipment: **cable**

Secondary Muscles: **biceps** **rhomboids**

Instructions

- Sit on the cable machine with your back straight and feet flat on the ground.
- Grasp the handles with an overhand grip, slightly wider than shoulder-width apart.
- Lean back slightly and pull the handles towards your chest, squeezing your shoulder blades together.
- Pause for a moment at the peak of the movement, then slowly release the handles back to the starting position.
- Repeat for the desired number of repetitions.