

**Project Design Phase
Proposed Solution Template**

Date	6 March 2025
Team ID	SWTID1741154194
Project Name	FitFlex
Maximum Marks	2 Marks
Team Size:4 Team Leader: ISHWARYA K Team Member: SHANMUGA PRIYA G Team Member: NIVETHA T Team Member: DHANUSH P	

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 real-time workout information, images, and descriptions.
3.	Novelty / Uniqueness	Free and structured access to categorized workouts.