**Project Design Phase**

**Proposed Solution Template**

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| Date | 6 March 2025 |
| Team ID | SWTID1741156289 |
| Project Name | fitflex |
| Maximum Marks | 2 Marks |

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| **TEAM MEMBER**  **TEAM LEADER: Jayadeepa A**  **Team member 1:Anbazhagi D**  **Team member 2:Kavipriya M**  **Team member 3:Preethinisha P**  **Team member 4:Sharmila Y** | [**Unm1657jayadeepa212205377@gmail.com**](mailto:Unm1657jayadeepa212205377@gmail.com)  [**Unm1657anbazhagi212205371@gmail.com**](mailto:Unm1657anbazhagi212205371@gmail.com)  [**Unm1657kavipriya212205383@gmail.com**](mailto:Unm1657kavipriya212205383@gmail.com)  [**Unm1657preethinisha212205389@gmail.com**](mailto:Unm1657preethinisha212205389@gmail.com)  [**Unm1657sharmila212205394@gmail.com**](mailto:Unm1657sharmila212205394@gmail.com) |

**Proposed Solution Template:**

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| **S.No.** | **Parameter** | **Description** |
|  | 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. |
|  | 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. |
|  | Novelty / Uniqueness | Free and structured access to categorized workouts. |