Fitness app - Project Documentation

Introduction

Project Title: Fitness app

Team Members:

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Project Overview

Purpose:
 Fitness is a React.js-based fitness application designed to provide users with personalized workout routines, exercise tracking, and fitness guidance.

Features:

- Personalized workout plans
- Exercise tracking and progress monitoring
- Fitness guidance and recommendations
- Integration with **RapidAPI** for extensive exercise data
- User authentication

Architecture

Component Structure:

- **Header:** Navigation bar
- **Dashboard:** Personalized user dashboard
- **Workout Planner:** Exercise routines based on fitness goals
- **Exercise Tracker:** Logs user progress
- **Guidance Section:** Fitness tips and recommendations

State Management:
 Using **Redux Toolkit**

Routing:
 React Router with paths:

- **Home** (/)
- **Workout Planner** (/workout-planner)

- **Exercise Tracker** (/exercise-tracker)
- **Guidance** (/guidance)

Setup Instructions

Prerequisites:

- **Node.js**
- **npm**
- **React.js**
- **Redux Toolkit**

Installation:

1. Clone the repository:
2. git clone https://github.com/your-repo/fitness.git
3. Install dependencies:
4. npm install
5. Configure environment variables

Folder Structure

/fitflex

```
├── /src
│   ├── /components
│   ├── /pages
│   ├── /redux
│   ├── /utils
│   ├── /assets
├── package.json
├── README.md
```

Running the Application

To start the development server https://github.com/jothish04/Fitness_app.git

npm start

Component Documentation

Key Components:

- **WorkoutCard:** Displays workout details
- **ExerciseTracker:** Logs and tracks workouts
- **GuidanceFeed:** Provides fitness tips

Reusable Components:

- **Button:** Customizable button component
- **Loader:** Loading animations

State Management

- **Global State:** Managed using **Redux Toolkit**
- **Local State:** Managed with React's useState
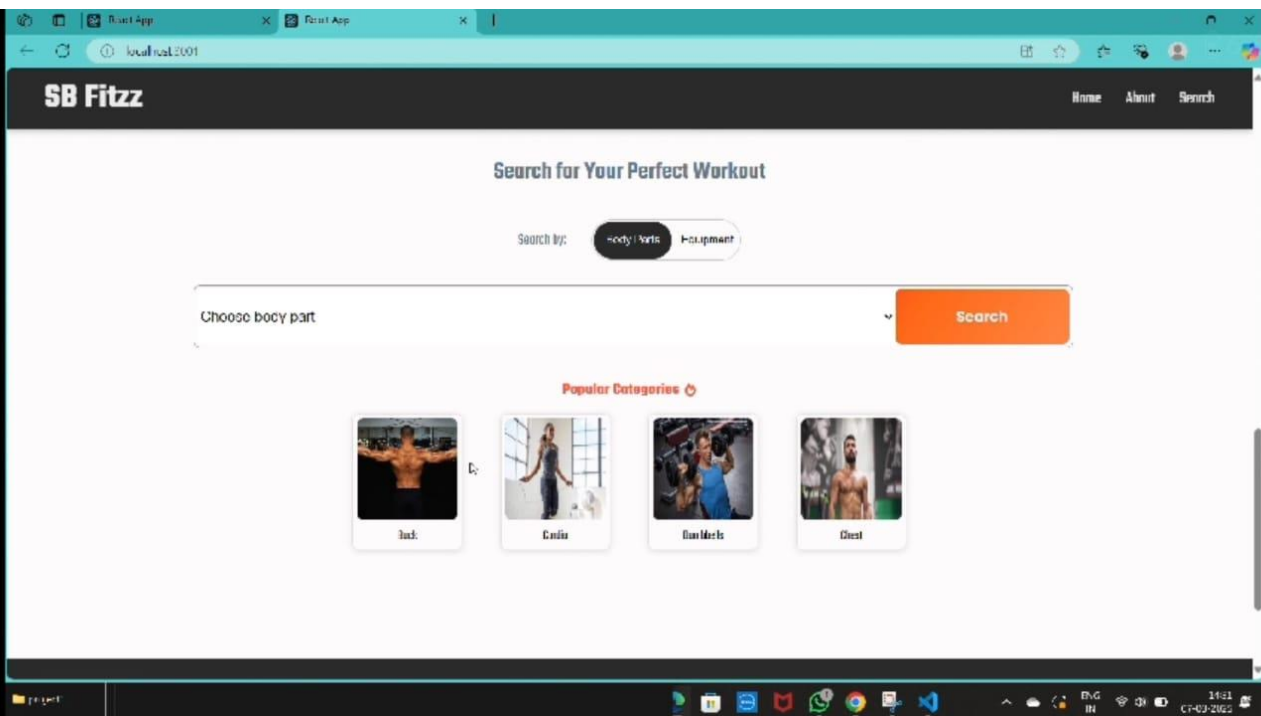
Styling

Using **Tailwind CSS** for a modern UI

Testing

Testing Strategy:

- **Unit Testing:** Jest & React Testing Library
- **Integration Testing:** Cypress for end-to-end tests

Screenshot& Demo:

project demo link:VID-20250308-WA0010.mp4

screeneshot:

Known Issues

- API rate limits may affect exercise data retrieval.
- Dark mode support in progress.

Future Enhancements

- AI-based workout recommendations
- Integration with wearable fitness trackers
- Social features (leaderboards, challenges)