# Frontend Development with React.js

Project Documentation

## Introduction

Project Title: Fitness Web App (React.js)

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## Project Overview

Purpose: A fitness-focused web application that provides workout categories, exercises, and search functionality for users.

Features:

- Home page with hero section and search bar

- Exercise listing by category and equipment

- Responsive navigation bar and footer

- Informational About section with media assets

## Architecture

Component Structure: The project follows a modular React component architecture, with major components like Navbar, Hero, Footer, About, and HomeSearch.

State Management: Local state is managed within components. No global state library is used.

Routing: React Router (if integrated) manages navigation across pages such as Home, Exercise, and Category pages.

## Setup Instructions

Prerequisites: Node.js and npm should be installed.

Installation:

1. Open the repository.

2. Navigate to the project folder

3. Open it in VS Code (Visual Studio)

3. Run `npm install` to install dependencies.

4. Run `npm start` to start the development server.

## Folder Structure

Root contains: package.json, README.md, public/ and src/ directories.

Public folder includes static files like index.html, icons, and manifest.json.

Src folder contains:

- components/: Reusable UI components (Navbar, Hero, Footer, etc.)

- pages/: Main application pages (Home, Exercise, Category pages)

- styles/: CSS files for styling each component/page

- assets/: Images, videos, and other media

## Running the Application

To run the project locally:

npm install  
npm start

## Component Documentation

Key Components:

- Navbar: Handles navigation across pages

- Hero: Displays hero banner and video/image background

- About: Provides app information with image assets

- HomeSearch: Allows users to search exercises

- Footer: Displays footer information

## User Interface

The app has a modern responsive UI styled using custom CSS in the styles/ folder.

## Styling

CSS Frameworks/Libraries: Pure CSS files are used for styling.

Theming: Components have custom CSS classes applied for consistent design.

## Screenshots or Demo

Demo video is attached.

## Known Issues

Currently no major issues documented.