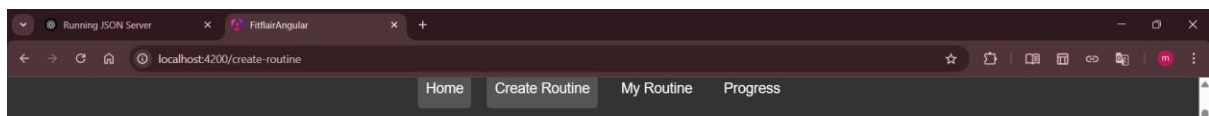


## Welcome to FitFlair!

Your journey to a healthier, stronger, and more confident you starts today. Embark on your fitness journey with FitFlair, your personalized workout companion! Whether you're a beginner taking the first step or a fitness enthusiast striving for new goals, we're here to keep you motivated and on track. Plan, track, and crush your workouts with ease—because every step counts towards a healthier, stronger you!!

Let's Get Started



### Create Your Workout Routine

Routine Name:

Workout Type:

Duration (minutes):

Workout Goal:

Intensity Level:

Select Workout Days:

☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday  
☐ Friday ☐ Saturday ☐ Sunday

Create Routine

Running JSON Server x FitfairAngular x +

localhost:4200/create-routine

Home Create Routine My Routine Progress

### Create Your Workout Routine

Routine Name:  
routine-3

Workout Type:  
Select workout type  
Select workout type  
Cardio  
Strength Training  
Yoga  
Pilates  
HIIT  
CrossFit  
Stretching  
Select intensity

Select Workout Days:  
☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday  
☐ Friday ☐ Saturday ☐ Sunday

Create Routine

Running JSON Server x FitfairAngular x +

localhost:4200/create-routine

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### Create Your Workout Routine

Routine Name:  
routine-3

Workout Type:  
Pilates

Duration (minutes):  
50

Workout Goal:  
e.g. Build muscle, Lose weight

Intensity Level  
Select intensity: loseweight  
flexibility

Select Workout Days:  
☐ Monday ☐ Tuesday ☐ Wednesday ☐ Thursday  
☐ Friday ☐ Saturday ☐ Sunday

Create Routine

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FitflairAngular

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### Create Your Workout Routine

Routine Name:  
routine-3

Workout Type:  
Pilates

Duration (minutes):  
50

Workout Goal:  
loseweight

Intensity Level:  
Select intensity  
Select intensity  
Low  
Medium  
High

Create Routine

Running JSON Server

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localhost:4200/create-routine

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### Create Your Workout Routine

Routine Name:  
routine-3

Workout Type:  
Pilates

Duration (minutes):  
50

Workout Goal:  
loseweight

Intensity Level:  
Medium

Select Workout Days:  
☒Monday ☒Tuesday ☒Wednesday ☐Thursday  
☐Friday ☐Saturday ☒Sunday

Create Routine

