SB Fitzz — Frontend Development with React.js

📌 Project Title:

SB Fitzz

👥 Team Members:

Mukilan S, Madhan D,Harish S,Misfar M

📖 Introduction

Project Overview:

SB Fitzz is a responsive, user-friendly fitness website built with React.js. It empowers users to discover and explore customized workouts based on body parts or equipment. With a sleek dark-themed UI and intuitive navigation, the project seeks to inspire users to "Unleash the Inner Fitness Wizard."

🧩 Features:

- **Homepage with a motivational hero banner and call-to-action.**

- **About Us Page detailing the mission behind SB Fitzz.**

- **Search Page allowing users to filter workouts by Body Part or Equipment.**

- **Reusable Components** like `WorkoutCard` for consistent UI across the app.

- **Responsive Design** with a modern, dark aesthetic.

🏗️ Architecture

Component Structure

The app is structured into modular React components:

- **Pages:** `HomePage`, `AboutPage`, `SearchPage`

- **Components:** `Navbar`, `WorkoutCard`, `SearchForm`, **etc.**

- **Assets: Images, logos, and styling resources**

Routing

Utilizes `react-router-dom` to navigate between:

- `/` **– HomePage**

- `/about` **– AboutPage**

- `/search` **– SearchPage**

State Management

- **Local State: Handled using `useState` for form inputs and UI toggles.**

- **Global State (optional): If needed, `Context API` can be used for sharing search data or user login state across components.**

⚙️ Setup Instructions

Prerequisites

- [**Node.js**](Node.js)

- **npm (comes with Node)**

Installation Steps

 # 1. Clone the repository
git clone <repository-url>

 # 2. Navigate to client directory
cd client

 # 3. Install dependencies
npm install

🚀 Running the Application

 # Start the React development server
npm start

This will run the app locally at http://localhost:3000

📂 Folder Structure

```
client/
├── public/          # Static HTML and assets
├── src/
│   ├── assets/       # Images and media
│   ├── components/     # Reusable components like Navbar, WorkoutCard
│   ├── pages/        # Page-level components (HomePage, AboutPage, SearchPage)
│   ├── utils/        # Utility functions (e.g., API fetch helpers)
│   └── App.js        # Root component
```

🧱 Component Documentation

Core Components

Component	Description
Navbar	Top-level navigation bar with links to all pages
HomePage	Hero banner with motivational text and CTA button
AboutPage	Displays project vision and purpose
SearchPage	Allows filtering workouts by body part or equipment
WorkoutCard	Reusable card to showcase workout categories

Reusable Components

- `Navbar`: Persistent header used across all pages

- `WorkoutCard`: Used multiple times to display different workout options dynamically

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🎨 User Interface Design

Design Highlights

- Dark Theme: Black background with orange/white highlights

- Hero Banner: Powerful image to motivate and draw attention

- Simple Navigation: Clear and minimal links for easy access

Page Layouts

- Homepage: Full-width banner + title: *"Unleash the Inner Fitness Wizard"*

- About Page: Side-by-side layout with image and text

- Search Page: Dropdown menu, popular categories, and responsive grid

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🎨 Styling

CSS Tools Used

- **Likely candidates:**

    - **Tailwind CSS – utility-first framework (if used)**

    - **Styled Components – scoped CSS-in-JS (optional)**

    - **Plain CSS Modules – for component-level styling**

Theme

- **Dark Mode: Elegant black background**

- **Highlight Colors: Orange and white for strong contrast and readability**

🧪 Testing (Proposed Strategy)

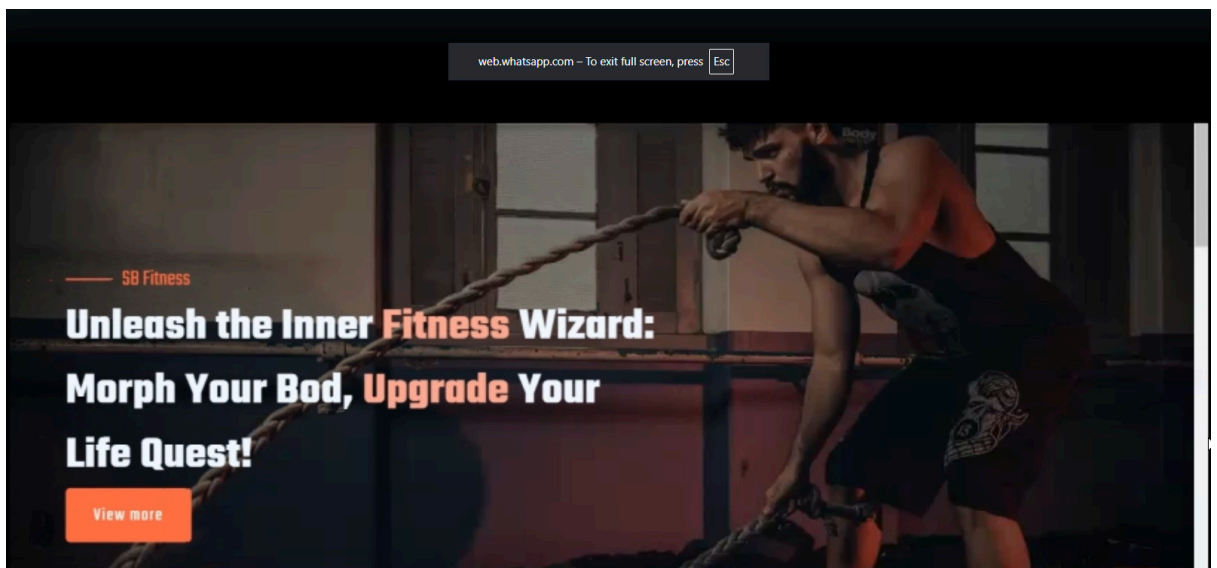⚠️ **No current implementation of tests shown, but here's a proposed plan:**

Tools

- **Jest – for unit testing**

- **React Testing Library – for component integration tests**

What to Test

- **Navbar navigation**

- **Search functionality (input + dropdown)**

- **WorkoutCard rendering**

- **Page rendering and route switching**

📸 Screenshots / Demo

Visual references included:

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🐞 Known Issues

No known bugs or crashes shown in provided screenshots.

🔮 Future Enhancements

- ✅ **Add Search Results Page to display workouts dynamically**

- ✅ **Implement User Authentication (login/signup + favorites)**

- ✅ **Connect to Workout API (e.g., ExerciseDB) for real-time data**

- ✅ **Add Workout Detail Page with images, steps, and videos**

- ✅ **Use Animations (Framer Motion or CSS transitions) for smooth UI**

- ✅ **Enable Favorites/Bookmarks for logged-in users**

- ✅ **Improve Accessibility and Mobile Responsiveness**

✅ Summary

SB Fitzz is a modern fitness web application that lays a strong frontend foundation for user engagement. Built with React.js, it focuses on clean UI, modular structure, and expandability. Future versions will aim to provide richer user experiences through API integration, authentication, and dynamic content.