

PROJECT DOCUMENTATION FORMAT

Project Tittle: Your Personal Fitness Companion

INTRODUCTION:

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1. Team Leader:

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PROJECT OVERVIEW:

Purpose:

SB Works, system project posting, bidding, chat, feedback, admin control. The forefront of fitness exploration with FitFlex! Our innovative fitness app is meticulously designed to revolutionize the way you engage with exercise routines, catering to the diverse interests of both fitness enthusiasts and seasoned workout professionals. With a focus on an intuitive user interface and a comprehensive feature set, FitFlex is set to redefine the entire fitness discovery and exercise experience.

Crafted with a commitment to user-friendly aesthetics, FitFlex immerses users in an unparalleled fitness journey. Effortlessly navigate through a wide array of exercise categories with features like dynamic search, bringing you the latest and most effective workouts from the fitness world.

From those embarking on their fitness journey to seasoned workout aficionados, FitFlex embraces a diverse audience, fostering a dynamic community united by a shared passion for a healthy lifestyle. Our vision is to reshape how users interact with fitness, presenting a platform that not only provides effective exercise routines but also encourages collaboration and sharing within the vibrant fitness community.

Embark on this fitness adventure with us, where innovation seamlessly intertwines with established exercise principles. Every tap within FitFlex propels you closer to a realm of diverse workouts and wellness perspectives. Join us and experience the evolution of fitness engagement, where each feature is meticulously crafted to offer a glimpse into the future of a healthier you.

Features:

- => Post and bit on project
- => Secure chat between users
- => Feedback and review system
- => Admin control panel

3. Architecture:

- => Frontend: React.js+ Bootstrap+ Material UI
- => Backend: Node.js+Express.js
- => Database: MongoDB

4. Setup Instruction:

Prerequisites:

=> Node.js

=> MongoDB

=> GitHub

=> React.js

=> Visual Studio Code

Installation Steps:

bash

clone rep

git clone <repo-link>

Install fronted dependencies

cd client

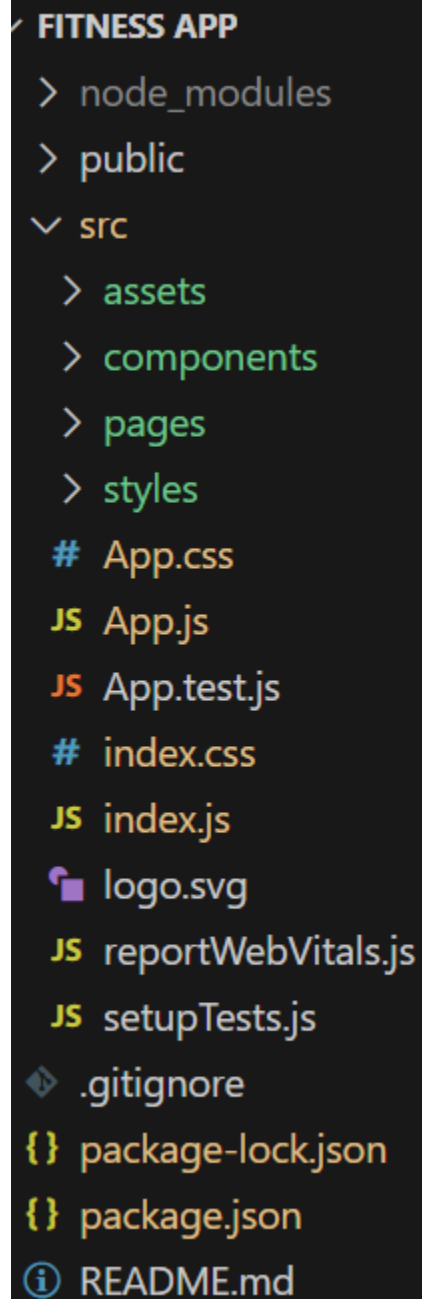
npm install

Install backend dependencies

cd../server

npm install

5. Folder Structure:



```
✓ FITNESS APP
  > node_modules
  > public
  ✓ src
    > assets
    > components
    > pages
    > styles
  # App.css
  JS App.js
  JS App.test.js
  # index.css
  JS index.js
  🖼 logo.svg
  JS reportWebVitals.js
  JS setupTests.js
  💡 .gitignore
  {} package-lock.json
  {} package.json
  ⓘ README.md
```

The image shows a file explorer view of a project named 'FITNESS APP'. The project structure is as follows:

- FITNESS APP** (expanded)
 - node_modules**
 - public**
 - src** (expanded)
 - assets**
 - components**
 - pages**
 - styles**
 - App.css**
 - App.js**
 - App.test.js**
 - index.css**
 - index.js**
 - logo.svg**
 - reportWebVitals.js**
 - setupTests.js**
 - .gitignore**
 - package-lock.json**
 - package.json**
 - README.md**

```
✓ src
  > assets
  ✓ components
    ⚙ About.jsx
    ⚙ Footer.jsx
    ⚙ Hero.jsx
    ⚙ HomeSearch.jsx
    ⚙ Navbar.jsx
  ✓ pages
    ⚙ BodyPartsCategory.jsx
    ⚙ EquipmentCategory.jsx
    ⚙ Exercise.jsx
    ⚙ Home.jsx
  ✓ styles
    # About.css
    # Categories.css
    # Exercise.css
    # Footer.css
    # Hero.css
    # Home.css
    # HomeSearch.css
    # Navbar.css
```

SB-works/

client/

React

fronted

components/

pages/

server/

Node.js

backend

routes/

models/

controllers/

6. Running the Application:

Frontend:

bash

cd client

npm start

Backend:

bash

cd server

npm start

Access: Visit <http://localhost:3000>

7. API Documentation:

User:

POST/api/user/register

POST/api/user/login

Projects:

POST/api/projects/create

GET/api/projects/:id

POST/api/apply (Application)

POST/api/chat/send

GET/api/chat/:user Id

8. Authentication:

JWT-based authentication for secure login

Middleware protects private routes

9. User Interface:

Landing Page: The main welcome or homepage of the app.

Freelancer Dashboard: A panel where freelancers can view and manage available projects.

Admin Panel: For the admin to manage users projects, and system data.

Project Detail Page: Shows complete information about a selected project.

10. Testing:

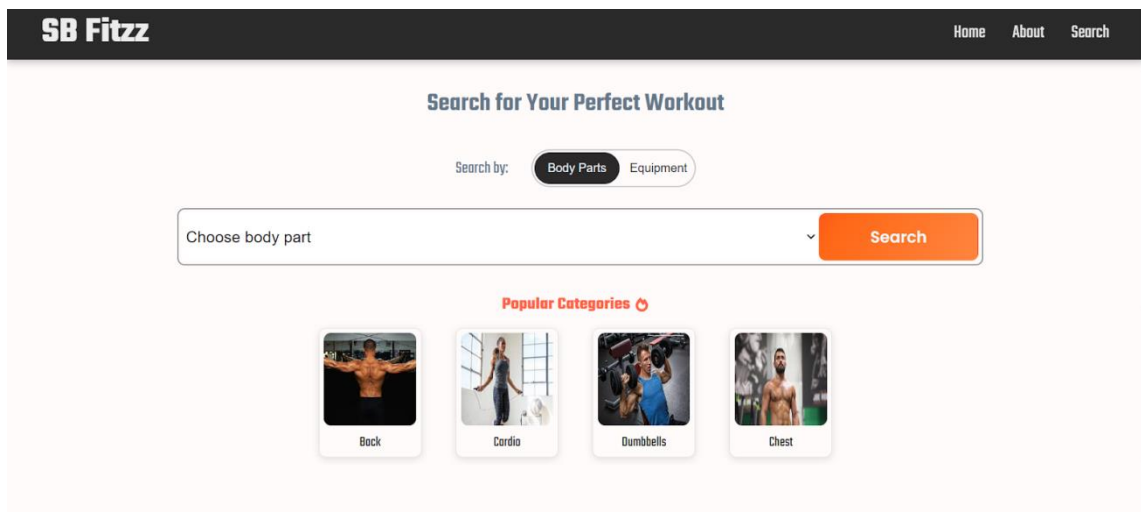
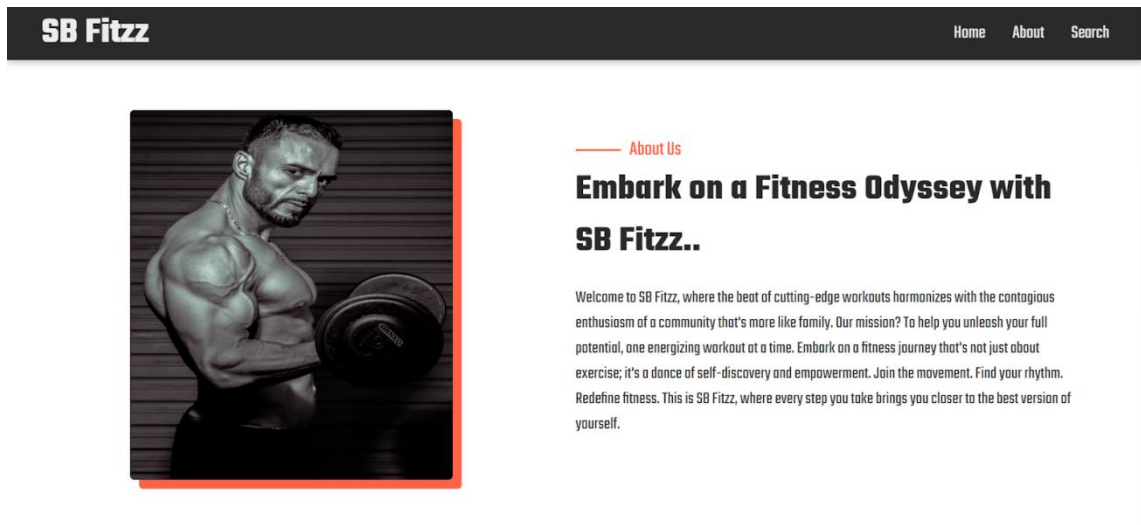
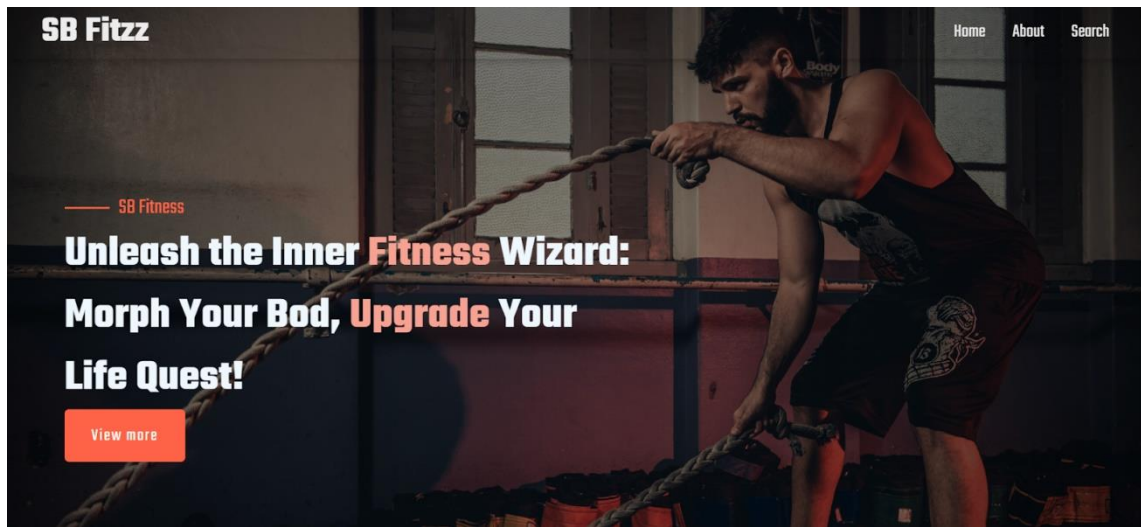
Manual Testing: Done during each milestone to ensure app functionality.

Tools Used:

=> Postman for testing APIs

=> Chrome Dev Tools for checking and debugging the front-end.

11. Screenshots or Demo:



category: chest



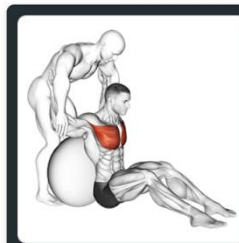
archer push up

pectorals triceps shoulders

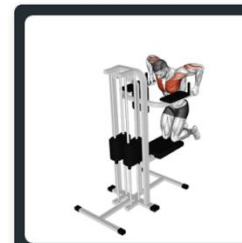


assisted chest dip (kneeling)

pectorals triceps shoulders

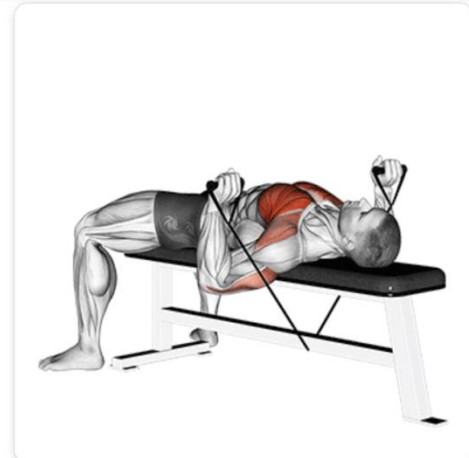
assisted seated pectoralis major stretch
with stability ball

pectorals shoulders triceps



assisted wide-grip chest dip (kneeling)

pectorals triceps shoulders



band bench press

Target: pectorals

Equipment: band

Secondary Muscles: triceps shoulders

Instructions

- Lie flat on a bench with your feet flat on the ground and your back pressed against the bench.
- Grasp the band handles with an overhand grip, slightly wider than shoulder-width apart.
- Extend your arms fully, pushing the bands away from your chest.
- Slowly lower the bands back down to your chest, keeping your elbows at a 90-degree angle.
- Repeat for the desired number of repetitions.