

Project Documentation

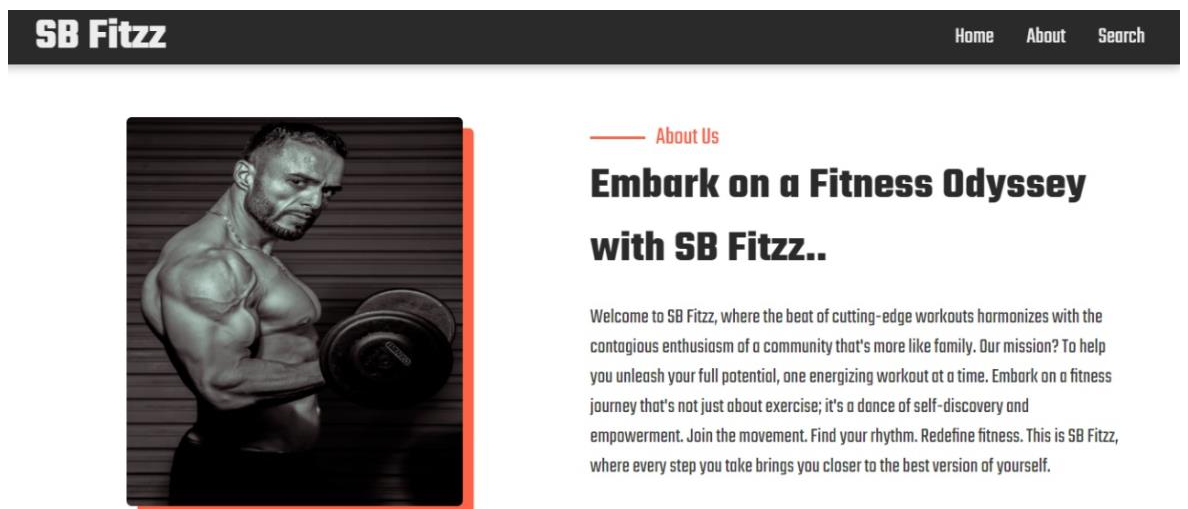
PROJECT TITLE: FITFLEX: Your personal fitness companion

Screenshots

❖ Hero component



❖ About



❖ Search

SB FitzzHomeAboutSearch


Search for Your Perfect Workout


Search by: Body Parts Equipment


Choose body part


Search

Popular Categories


Back


Cardio



Dumbbells


Chest


❖ Category page

SB FitzzHomeAboutSearch


category: cardio


jack burpee


calorie burn 100kcal
equipment
beginner


mountain climber


calorie burn 100kcal
equipment
beginner


run (equipment)


calorie burn 100kcal
equipment
beginner


run


calorie burn 100kcal
equipment
beginner


stationary bike walk


calorie burn 100kcal
equipment
beginner


burpee


calorie burn 100kcal
equipment
beginner


dumbbell burpee


calorie burn 100kcal
equipment
beginner


stationary bike run v. 2

calorie burn 100kcal
equipment
beginner


walk elliptical cross trainer

calorie burn 100kcal
equipment
beginner


walking on stairs

calorie burn 100kcal
equipment
beginner

❖ Exercise page

SB Fitzz

HomeAboutSearch

mountain climber

Target:

cardiovascular system

Equipment:

body weight

Secondary Muscles:

core

shoulders

hips

Instructions

- Start in a high plank position with your hands directly under your shoulders and your body in a straight line.
- Engage your core and bring your right knee towards your chest, then quickly switch and bring your left knee towards your chest.
- Continue alternating legs in a running motion, keeping your hips low and your core engaged.
- Maintain a steady pace and breathe evenly throughout the exercise.
- Repeat for the desired number of repetitions.

Related Videos on Youtube

❖ Related videos on YouTube

SB Fitzz

HomeAboutSearch

Related Videos on Youtube

Pre-dawn mountain climbing in Bhutan...

Video Vibe Blog 28,254 views

SNL, Edinburgh, & Kilimanjaro
KC Shormina
MEKE BERNIGLIA'S WORKING IT OUT

KC Shormina | Get Comfortable With This ...

Mike Strickley 2,581 views

revelling in China: Shocked to see a line...

Wu Cheng Lin's Vlog 2,078 views

《2025 Tsuyama Attractions》 Hutanohara Park...

成年出發啦 2,102 views

The real Tohoku is here! What spectacle...

ふよまの飯豊山ちゃんねる 108 views

8歳童遇山難奇蹟獨活 迷路險墜崖! 山友是人還是鬼?

【新體挖挖挖】《山》探索驚險時刻! (南三和山 題) ■遠征如何奇蹟轉活? 苦等登山失溫又...

