**Frontend Development with React.js**

**GET FIT** (React Application)

Project Documentation

1. **Cover page :**

Project tittle : *GET FIT*

Team Members: (4)

Name : SHALINI P (TEAM LEADER)

Role : Documentation

Name : SHAKTHI PRAVALIKKA R (TEAM MEMBER)

Role : Frontend Coding

Name : SANJEETHA S

Role : Created The Demo video

Name : SANGEETHA C

Role : Coding & Document Combined.

1. **About Get Fit :**

Get fit is a front-end web application designed to promote health and fitness by providing users with access to workout plans,Exercise & instructions.

1. **Introduction** :

🏋️‍♂️ Welcome to Get Fit – your ultimate fitness companion! This innovative fitness web app is designed to transform the way users explore and engage with workout routines. Whether you’re a beginner taking your first step or a fitness enthusiast seeking new challenges, Get Fit provides a seamless, engaging, and personalized experience

💪 With a clean design, intuitive navigation, and powerful features, GetFit helps users discover a wide variety of workouts, filter them by category, and explore step-by-step instructions.

🌐 The platform is built for a diverse audience, from casual fitness explorers to seasoned athletes. By leveraging modern web technologies, GetFit redefines how users interact with fitness, offering not just routines but also an inspiring digital fitness journey.

🔥 Join GetFit today and experience the evolution of fitness engagement, where every tap leads to a healthier, stronger, and more confident version of you.

1. Project Goals & **Objectives :**

The overarching aim of GetFit is to provide a reliable, accessible, and engaging front-end platform for fitness enthusiasts.

**Key objectives include:**

User-Friendly Experience → Build an intuitive interface for browsing and saving workout routines.

Comprehensive Exercise Management → Organize exercises with advanced search and filtering options.

Technology-Driven Performance → Utilize React.js for fast, dynamic, and component-based development.

1. **Features of GetFit :**

🏋️ Workout Library → Browse exercises from various categories (Cardio, Strength, Abs, Flexibility, etc.).

🎨 Visual Exploration → Access workouts with images and detailed instructions.

🔍 Advanced Search & Filter → Find specific exercises or filter by muscle group, difficulty, or equipment.

📱 Responsive Design → Optimized for both desktop and mobile devices.⚡ Dynamic UI → Powered by React components, ensuring speed and reusability.

**6. Technology Stack :**

* React.js – Component-based UI development.
* React Router DOM – For smooth navigation between pages.
* Axios – To fetch exercise data from APIs.
* React Icons – For engaging and modern UI elements.
* Bootstrap / Tailwind CSS – For responsive and styled layouts.
* JavaScript (ES6+), HTML5, CSS3 – Core web development technologies.
* Git & GitHub – Version control and project collaboration

**7. PRE-REQUISITES :**

* Before setting up the project, ensure you have:
* Node.js & npm installed (for React-based setup).
* A code editor like VS Code.
* Git installed for version control.

**8**.**Setup** **Instructions :**

If using React:

1. Clone the repository:

git clone <repository\_url>

cd getfit

2. Install dependencies:

npm install

3. Start the development server:

npm start

4. Open http://localhost:3000 in the browser.

If using only HTML/CSS/JS:

1. Clone the repository.

2. Open index.html in a browser.

**9. Project Structure :**

GetFit/

├── public/

│ └── index.html

├── src/

│ ├── components/ # Navbar, Footer, ExerciseCard, etc.

│ ├── pages/ # Home, Workouts, About, Contact

│ ├── styles/ # CSS files for styling

│ ├── App.js

│ └── index.js

├── package.json

└── README.md

**10.Project Flows :**

Milestone 1 → Setup & Configuration

Initialize React project

Install required dependencies (React Router, Axios, etc.)

Setup folder structure

Milestone 2 → Development

Build Navbar & Hero Section

Implement Search & Categories components

Fetch exercises via API (or local JSON data)

Create Workout Category Page

Create Exercise Detail Page with step-by-step instructions + related videos

Add Footer & Newsletter Component.

**11.Demo & Resource :**

📽️ Project Demo (sample link):

📂 Project Source Code:

**12. Future Score :**

* Adding user login & personalized dashboards.
* Integration with APIs for workout tracking.
* Diet & nutrition plans.
* Progress tracking charts.
* Community & blog section.

**13.Conclusion :**

**The GetFit project showcases how React.js can be effectively used to create a modern, scalable, and user-friendly fitness web application. With its robust features, clean design, and future-ready approach, GetFit is not only a guide for fitness enthusiasts but also a demonstration of practical web development skills.**