**Project Design Phase**

**Proposed Solution Template**

|  |  |
| --- | --- |
| Date | 31 January 2025 |
| Team ID | 149831 |
| Project Name | FitFlex: Your Personal Fitness companion |
| Team Leader | Shyamala A  Email id : [shyamala.a22ds29@gmail.com](mailto:shyamala.a22ds29@gmail.com) |
| Team Members | 1. Kowsalya S   Email id :  [kowsalya.s.22ds17@gmail.com](mailto:kowsalya.s.22ds17@gmail.com)   1. Nandhini M   Email id : [madhumitha.p.22ds18@gmail.com](mailto:madhumitha.p.22ds18@gmail.com)   1. Kaleeswari k   Email id : [kaleeswari.k.22ds14@gmail.com](mailto:kaleeswari.k.22ds14@gmail.com) |
| Maximum Marks | 4 Marks |

**Proposed Solution Template:**

| **S.No.** | **Parameter** | **Description** |
| --- | --- | --- |
|  | Problem Statement (Problem to be solved) | Many users struggle to find structured, easy-to-follow workout plans tailored to their needs (body parts, available equipment). Existing resources are either scattered, unstructured, or behind paywalls. |
|  | Idea / Solution description | A React.js-based fitness web application that allows users to discover exercises categorized by body parts and equipment. The application integrates with ExerciseDB API to provide real-time workout information, images, and descriptions. |
|  | Novelty / Uniqueness | Free and structured access to categorized workouts. |