SB Fitzz - Project Documentation

# Introduction

🏋️‍♂️ SB Fitzz is an innovative fitness app meticulously designed to revolutionize the way users engage with exercise routines. The app caters to both beginners and seasoned workout professionals, offering a diverse range of exercises, an intuitive user interface, and powerful search and category-based navigation.  
  
With SB Fitzz, users can explore exercises by body parts, equipment, or categories, making fitness discovery seamless and engaging. The app fosters a dynamic community spirit and aims to redefine how individuals approach fitness routines.

**Team members:**

**Team Leader : LIKITH G**

**Team member : ANANTH KUMAR M**

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# Project Goals and Objectives

• Develop a user-friendly interface for effortless navigation.

• Provide comprehensive exercise management with advanced search options.

• Leverage React.js for robust frontend development.

• Enable visual exploration through curated images and categories.

• Promote a healthy lifestyle through accessible and engaging features.

# Features

• Dynamic Search: Quickly search exercises based on keywords.

• Category Browsing: Explore exercises by body parts or equipment.

• Responsive UI: Optimized for desktop and mobile devices.

• Reusable Components: Hero, Navbar, Footer, About, etc.

• API Integration: Fetch exercises dynamically from fitness APIs.

• Visual Exploration: Exercise galleries with images and videos.

# Architecture & Component Structure

The SB Fitzz application follows a modular React architecture with pages and reusable components organized under the `src` directory:  
  
Pages:  
- Home.jsx  
- Exercise.jsx  
- EquipmentCategory.jsx  
- BodyPartsCategory.jsx  
  
Components:  
- Hero.jsx  
- Navbar.jsx  
- About.jsx  
- HomeSearch.jsx  
- Footer.jsx  
  
Each component is styled using modular CSS files located in the `styles` folder, ensuring a clean separation of concerns.

# State Management & Routing

The application uses React’s built-in state management (useState/useEffect hooks) for local states. Routing is managed using React Router, enabling seamless navigation between Home, Exercise, and Category pages.

# Setup Instructions

Prerequisites:  
- Node.js (v14+ recommended)  
  
Steps to run locally:  
1. Clone the repository.  
2. Navigate to the project folder.  
3. Run `npm install` to install dependencies.  
4. Run `npm start` to launch the development server.  
  
The app will be available at http://localhost:3000.

# User Interface & Styling

The app employs a modern, responsive design with custom CSS modules for each component. Assets such as images (`about-Img.png`, `bg\_img.png`) and videos (`bg\_vid.mp4`) enhance the visual experience.  
  
Mock screenshots of key pages are included below:

[Screenshot Placeholder: Home Page]

[Screenshot Placeholder: Exercise Page]

[Screenshot Placeholder: Categories Page]

# Testing

The project includes basic tests using Jest and React Testing Library. Unit tests cover core components, while integration tests validate routing and interactions.

# Known Issues

• API data may vary depending on availability.  
• Some styling inconsistencies on smaller screens.

# Future Enhancements

• Add user authentication and profiles.

• Enable saving favorite exercises.

• Integrate progress tracking and analytics.

• Enhance UI with animations and dark mode.

• Add community-driven workout sharing.