**Project Design Phase**

**Proposed Solution Template**

|  |  |
| --- | --- |
| Date | 6 March 2025 |
| Team ID | SWTID1741244102154020 |
| Project Name | Fit flex |
| Maximum Marks | 2 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. |