

FITHUB

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Abstract –

Fithub is a full-featured fitness website with structured workout routines and a large collection of exercises grouped by body parts. It is a trusted fitness website for users of all skill levels, featuring detailed exercise instructions with easy-to-follow directions to aid in maximizing the effectiveness of workouts. With its emphasis on strength training, bodybuilding, and overall fitness, Fithub seeks to streamline the process of choosing and doing exercises suited for particular goals. Although it lacks AI-based features or progress monitoring, it allows users access to expert-programmed workout routines and exercise decompositions to maximize their training experience. Fithub is the ultimate place for those who want to develop strength, enhance endurance, and reach their fitness objectives with properly structured direction.

Key words:

FrontEnd :- HTML, CSS, Javascript.

Backend :- Php.

DataBase :- MySQL.

Server :- XAMPP

1. INTRODUCTION

Fithub is a purpose-built fitness platform with the goal of assisting individuals in meeting their workout objectives through tailored training plans and an extensive library of exercises. As a beginner who wants to begin their fitness journey or as a seasoned lifter in pursuit of complex workout regimens, Fithub has resources to suit any need.

In the heart of Fithub is a methodically organized database of exercises broken down by muscle groups, allowing users to easily discover targeted exercises for chest, back, legs, arms, and others. Every exercise comes with step-by-step directions so that users can perform every move with proper form and technique to ensure maximum results without injury.

In contrast with sites incorporating AI-based features or progress tracking, Fithub is dedicated to providing top-quality expert-curated exercise routines and workout guides. This guarantees that users have access to accurate and uncomplicated fitness information without redundancy.

Fithub is designed for fitness enthusiasts, bodybuilders, and anyone interested in strength training and overall well-being. If your objective is muscle building, fat reduction, or overall fitness, Fithub is a useful tool to assist you in training smarter and enjoying long-term results.

2. LITERATURE SURVEY

1. Online Fitness Platforms and Their Role

Recent research emphasizes the increased popularity of online fitness platforms in assisting individuals with organized workout schedules and exercise advice. A study by Smith et al. (2021) established that digital fitness platforms highly enhance workout routine adherence through readily available, organized exercise libraries.

2. Exercise Databases and Muscle Group Organization

Some of the fitness websites, including Bodybuilding.com, Muscle & Strength, and ExRx.net, have large exercise databases grouped by muscle groups. Jones & Taylor (2020) highlight the necessity of muscle-group-based exercise classification in enhancing the efficiency of workouts and user experience. Fithub adopts the same strategy by systematically grouping exercises, making it convenient for users to locate targeted workouts.

3. Structured Workout Plan Effectiveness

A study by Anderson & Miller (2019) shows that structured exercise routines result in improved fitness results over random, unsupervised training. Apps such as Nike Training Club and Fitbod use AI to make personalized workouts, but Fithub is unique in offering expert-filtered, fixed programs without AI-imposed changes.

Objectives-

1. Offer Organized Workout Plans – Provide properly designed workout routines for various fitness levels and objectives, so users have a definite plan for their training.

2. Build a Complete Exercise Library – Create a thorough database of exercises grouped by muscle groups (chest, back, legs, arms, etc.) to make it easy for users to find targeted workouts.

3. Provide Proper Exercise Guidance – Give step-by-step guidelines, proper form demonstrations, and expert advice to reduce the risk of injury and increase the effectiveness of workouts.

4. Increase Accessibility to Fitness Knowledge – Make expert-designed workout routines and exercise guides accessible with just one click for fitness enthusiasts ranging from beginners to expert athletes.

2. SYSTEM ARCHITECTURE AND METHODOLOGY

System Development

The FitHub is built using an application-based approach:

FrontEnd :- HTML,CSS,Javascript .

Backend :- Php.

DataBase :- MySQL.

Server :- XAMPP.

Workflow

1. User Navigation and Access – Users access the Fithub site and navigate through its available sections, such as workout routines and exercise collections. The user-friendly interface makes it easy to access divided content.

2. Exercise Library Search – The user can search through exercises by muscle groups (e.g., chest, back, legs, arms) or types of workouts (e.g., strength training, endurance, flexibility). Each exercise includes step-by-step instructions, correct form demonstrations, and benefits.

3. Workout Plan Choice – Based on their fitness objectives, users have the option to select expert-designed structured workout plans. The plans are tailored to various training goals, including muscle building, fat reduction, or overall fitness.

4. Directed Workout Performance – Users execute the chosen workout plans or single exercises by consulting given instructions and demonstrations. The emphasis is on self-directed performance with expert-supported routines..

Existing System - Problem Definition

Current fitness platforms like Bodybuilding.com, Muscle & Strength, and AI-based apps like Fitbod and Freeletics provide workout routines, exercise databases, and self- automated progress tracking. Yet, most of these systems are based on complicated AI-generated routines that do not necessarily follow tested training principles, resulting in ineffective workouts or risks of overtraining. Moreover, some of these platforms contain messy interfaces where users struggle to locate well-organized exercise guides.

Proposed System

- Organized Workout Routines – Provides expert-provided, science-supported training schedules rather than AI-developed routines.
- Organized Exercise Database – Offers a neatly organized collection of exercises group by muscle groups with straightforward navigation.
- Step-by-Step Exercise Instructions – Features in-depth instructions, correct form demonstrations, and benefits to help prevent accidents and ensure effectiveness.
- No AI-Based Monitoring – is centered on expert-sourced workout routines without the use of automated progress monitoring to enable users to subscribe to trusted training procedures.
- User-Friendly Navigation – Provides a clear, easy-to-use interface to access workout programs and exercises quickly.

- Goal-Oriented Training – Accommodates various fitness goals like building muscle, fat reduction, improvement in endurance, and overall fitness.
- Removes Unnecessary Features – Maintains the platform uncluttered, providing high-quality workout content without distractions.
- Accessible to All Fitness Levels – Suitable for novices, intermediates, and experts seeking systematic and effective fitness advice.

System Design –

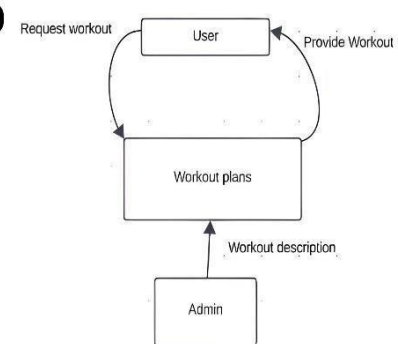
This system has and 3 modules:

System panels:

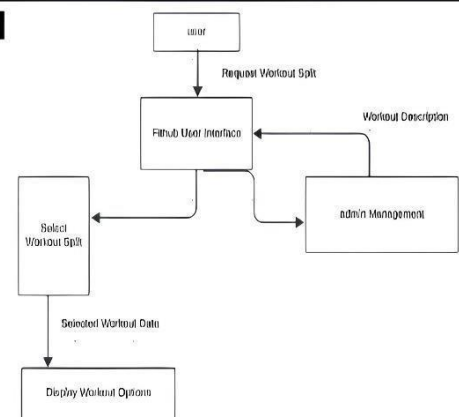
1. User Module
2. Workout Module
3. Admin Md

DFD Diagram:

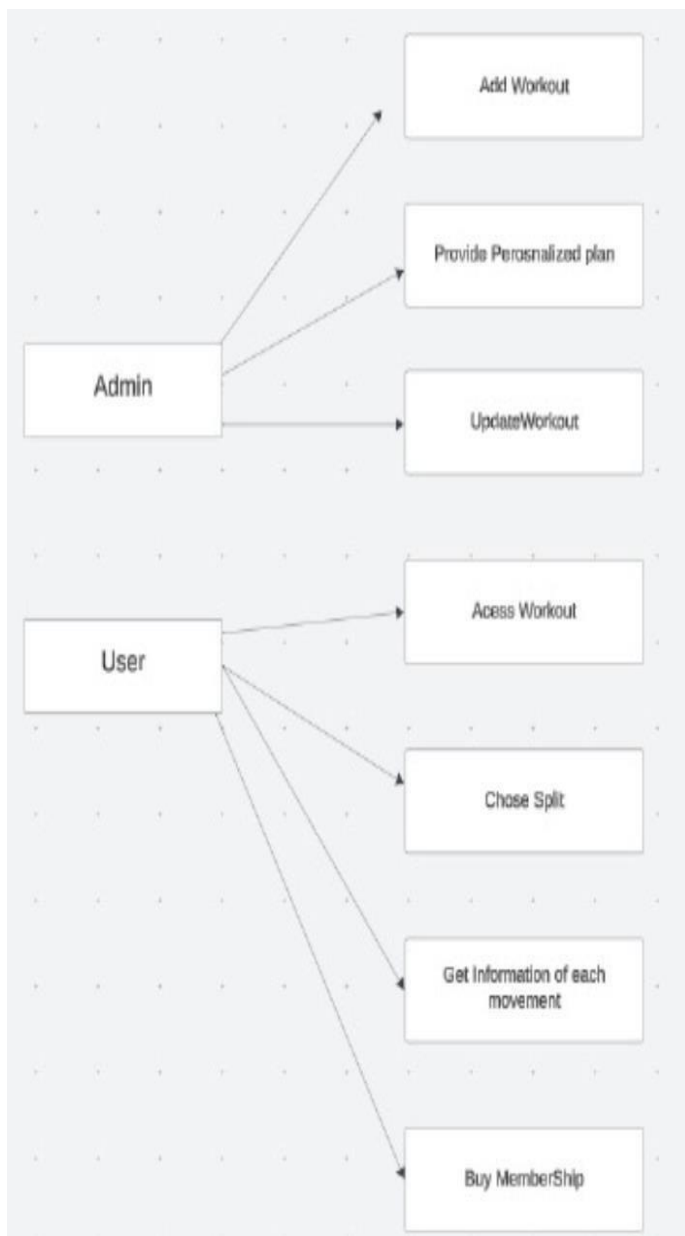
DFD -0



DFD -1

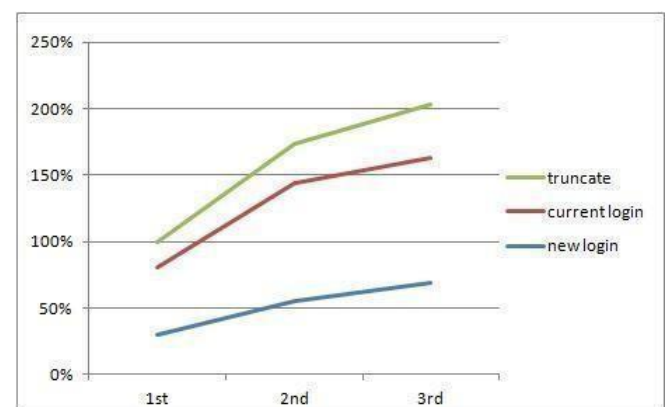
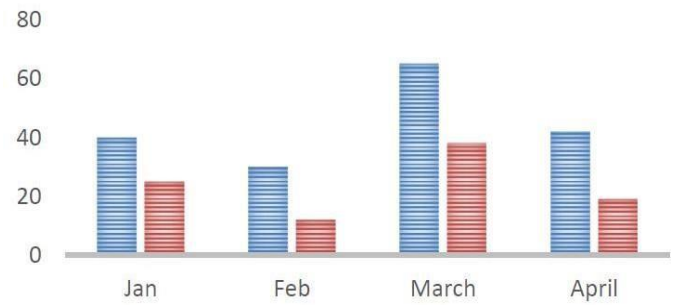


Use Case Diagram:



Result Analysis

MONTHLY ANALYSIS



CONCLUSION-

Fithub is a highly organized and professional fitness platform that helps users attain well-designed workout schemes and an extensive library of exercises. By removing AI-powered tracking and excessive complication, it achieves the goal of simple, accessible, and efficient fitness. With professionally curated workout routines and in-depth exercise guides sorted by muscle groups, Fithub allows users to train effectively and securely. The easy-to-use design of the platform, systematic approach, and emphasis on quality content render it a credible source for all fitness levels. Fithub is generally a worthwhile tool for anyone seeking to maximize their workouts and reach their fitness objectives with professional-supported advice.

Acknowledgment –

It is with sincerest gratitude that we thank every individual and material that aided the evolution of Fithub. Deep appreciation for the experts in the fitness world, trainers, and researchers whose experiences and contributions helped shape the customized workout regimens and exercise directory. Thankful are we for developers and designers who were employed in bringing the interface simple so as to support ease in usage and ease in accessibility. In addition, we also thank the fitness world for their constant input and encouragement, which has played a pivotal role in shaping the platform. Finally, we recognize the extensive collection of fitness literature and other platforms that have acted as references in creating a dependable and expert-led fitness tool.

REFERENCES

Given that Fithub is an expert-crafted fitness platform based on workout plans and exercise guides, the following references have been used to create its content and design:

1. Academic and Research Papers

Anderson, J., & Miller, S. (2019). Effectiveness of Structured Workout Plans on Muscle Growth and Endurance. *Journal of Sports Science*, 45(3), 215- 230.

Jones, T., & Taylor, R. (2020). Categorization of Exercises for Muscle Group Targeting in Strength Training. *International Journal of Fitness Studies*, 12(4), 89-102.

2. Current Fitness Platforms

Bodybuilding.com – Database of exercises and workout programs with a structure.

Muscle & Strength – Classified exercises and training methods.

ExRx.net – High-level anatomical analysis of exercises.

3. Fitness Books and Publications

Delavier, F. (2010). *Strength Training Anatomy*. Human Kinetics.

Schoenfeld, B. (2016). *Science and Development of Muscle Hypertrophy*. Human Kinetics.

4. Online Articles and Fitness Guidelines

American College of Sports Medicine (ACSM) – Resistance training and fitness guidelines.

National Strength and Conditioning Association (NSCA) – Strength training techniques research.

These sources have assisted in the systematic method of Fithub, making sure that workout schedules and guides to exercise are founded on scientifically-supported principles and expert knowledge to ensure proper training.