

# ***RAGE FITNESS***

## ***PLANNING***

### **Goal:**

To create a website where beginners, fitness lovers, and health-focused people can find helpful information on fitness, food, and wellness.

### **Main Objectives:**

**Our website aims to:**

- Provide accurate and up-to-date information on fitness, food, and wellness.
- Encourage healthy habits through inspiring success stories.
- Give clear, easy-to-understand explanations on exercise, nutrition, and wellness.

### **Audience Analysis:**

This website is for beginners, fitness fans, and Exercise Lovers

## **Website Content:**

### **Workout Guides:**

Simple instructions for exercises targeting different muscles, with sets and reps for both beginners and advanced users.

- ABS Exercises
- BICEPS Exercises
- SHOULDER Exercises

### **Nutrition and Food Plannings :**

Different meal plans for weight loss, muscle gain, and maintenance, including:

- Keto Diet
- Paleo Diet
- Intermittent Fasting

### **Transformation Gallery:**

Photos of real transformation journeys to motivate, especially for beginners.

Website Layout:

## **Home Page:**

- Navigation Bar for easy browsing Every page Of The Website
- Heading Section with website name and tagline
- Highlights of workouts, meal plans, and gallery

## **Workouts Section:**

- Exercise plans by muscle group (chest, back, shoulders)
- Clear instructions with images
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## **Nutrition Section:**

- Meal plans for different goals like weight loss, muscle gain, and maintenance
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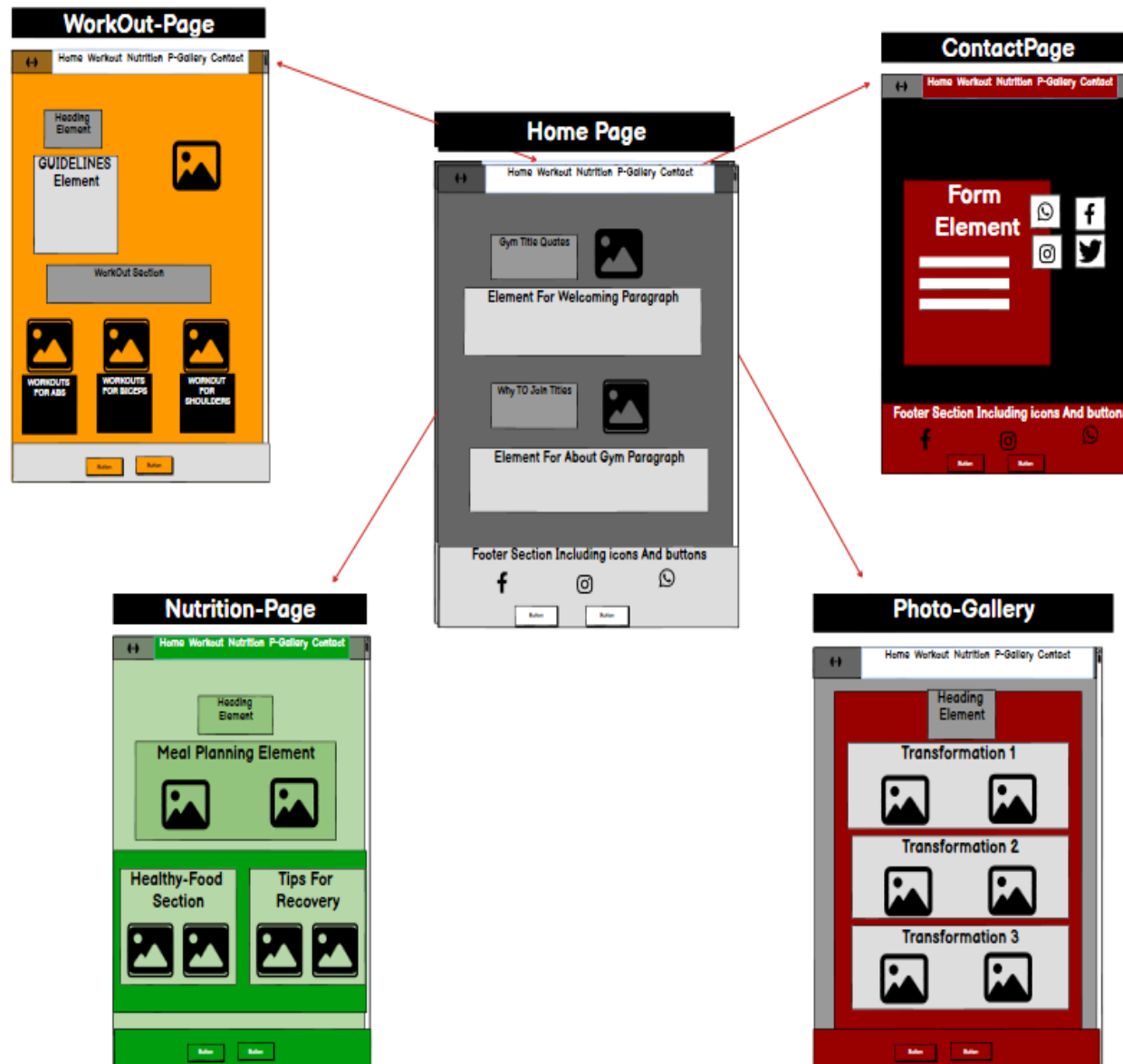
## **Photo Gallery:**

- Before-and-after photos for motivation
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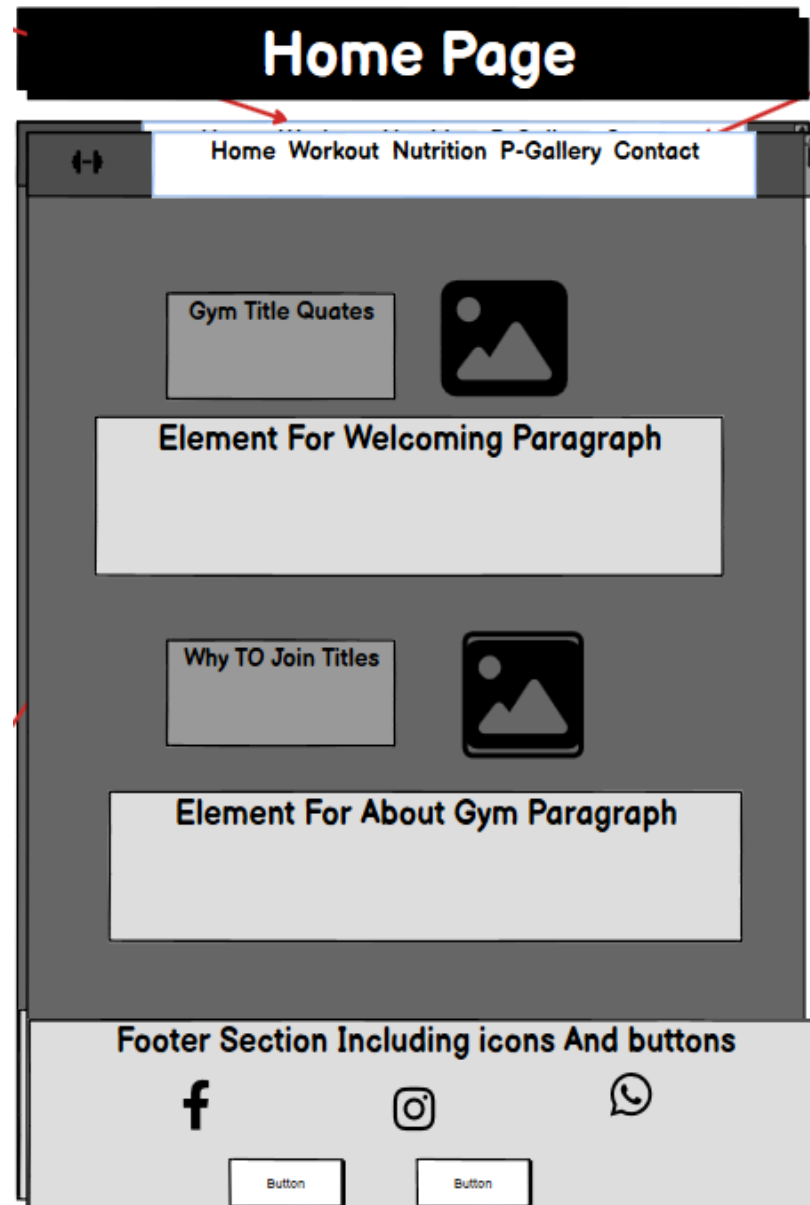
## **Contact Us:**

- Contact form and email for easy communication

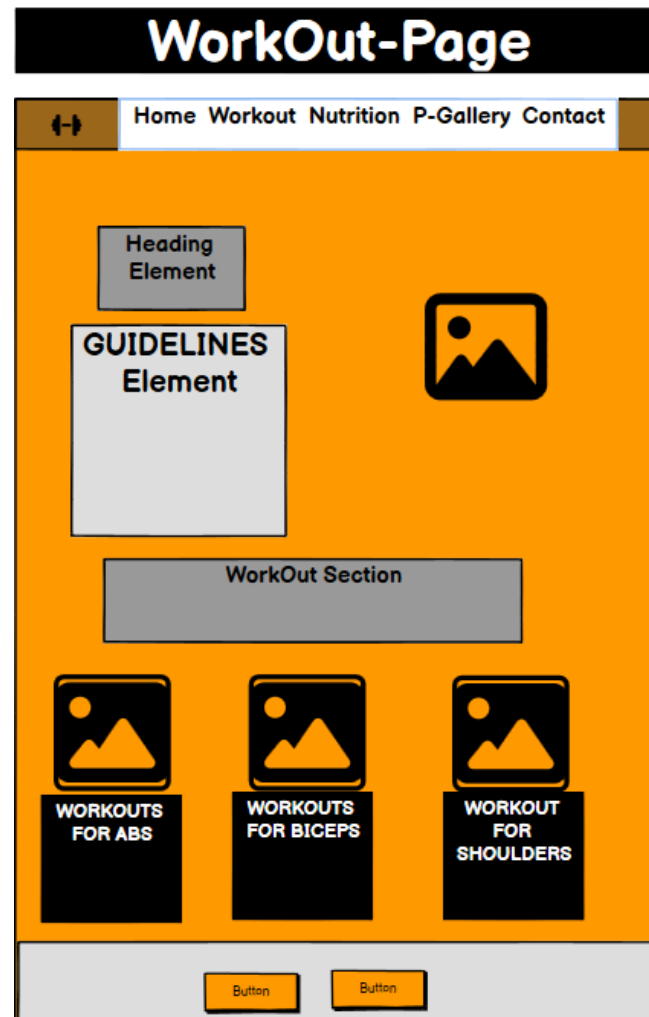
# WIRE-FRAMMING:



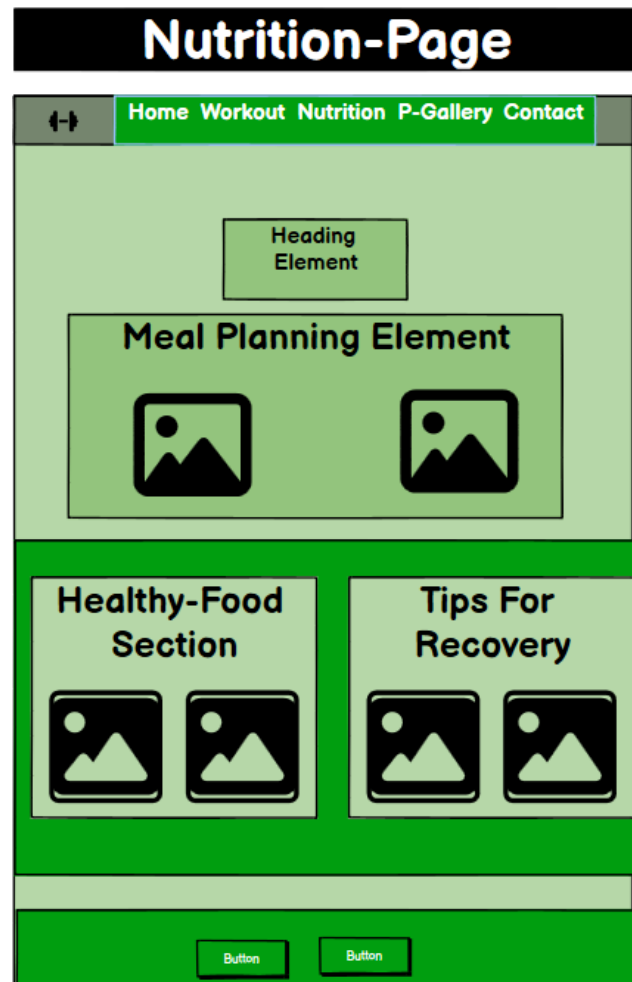
## HOME-PAGE :



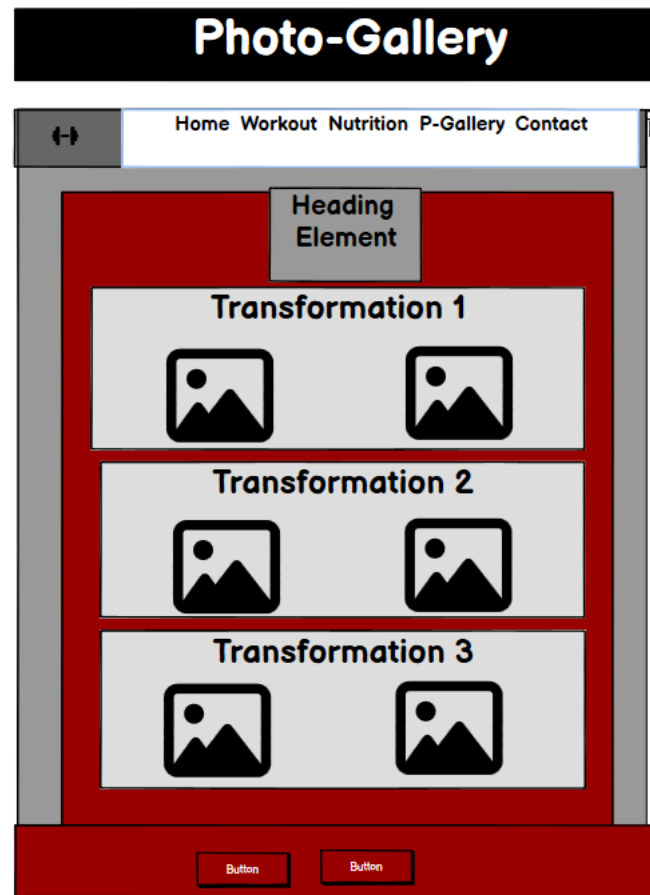
## WORKOUT-PAGE:



## NUTRATION-PAGE:

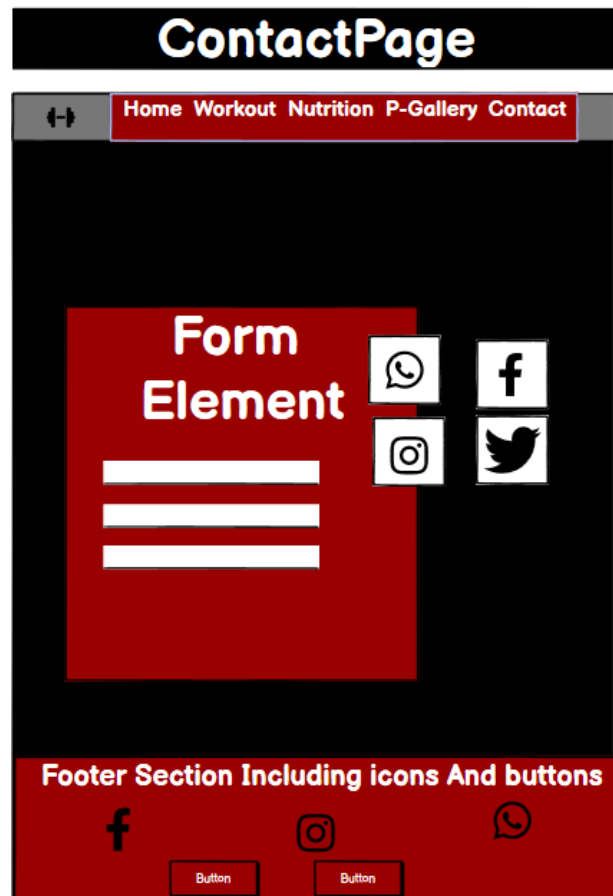


## PHOTO-Gallery:





## CONTACT-US PAGE :



# ***DOCUMENTATION OF THE WEBSITE***

## **RAGE FITNESS: Website Documentation**

### ***Introduction***

***RAGE FITNESS*** is a friendly website made for anyone who wants to learn about fitness, health, and nutrition. It's designed for everyone, from beginners to experienced fitness lovers. The goal is to make fitness and health easy to understand and inspiring, so users can explore workout routines, meal ideas, and real-life success stories to help them live healthier lives.

### **Goals and Objectives**

#### ***Main Goal:***

To create a helpful and organized website that encourages users to reach their fitness and health goals.

#### **Key Objectives:**

1. ***Provide Clear and Useful Information:*** All the information on RAGE FITNESS is accurate, easy to read, and covers everything from workouts to wellness tips.
2. ***Inspire Positive Changes:*** By sharing real-life stories and transformations, RAGE FITNESS aims to motivate users with stories of success and hard work.
3. ***Make Health Guidance Simple:*** Simple and friendly advice on fitness, nutrition, and wellness makes it easy for everyone to start or improve their routines.

## **Target Audience**

RAGE FITNESS is for:

- ***Beginners*** looking for simple and trustworthy fitness advice.
- ***Fitness Enthusiasts*** who want different workout plans and meal ideas.
- ***Health-Conscious People*** interested in practical tips for a healthy lifestyle.

## **Website Structure and Content Overview**

### **Home Page**

- **Navigation Bar:** This is at the top and helps users easily access all important sections (Workouts, Nutrition, Gallery, and Contact Us) of the website.
- **Header Section:** A large header shows the RAGE FITNESS name and tagline, making it clear that the site supports users in their health journeys.
- **Content Previews:** The homepage gives a quick look at each main section—Workout Guides, Meal Ideas, and Transformation Gallery—so users can see what RAGE FITNESS offers.

### **Workouts Section**

- **Organized Workout Plans:** This section has exercises sorted by muscle groups, helping users choose routines based on their goals. It includes:
  - **Core Exercises (ABS):** Strengthening exercises for the abdominal muscles.
  - **Bicep Workouts:** Exercises to build arm strength.

- **Shoulder Exercises:** Workouts to strengthen the shoulders.
- ***Step-by-Step Instructions:*** Each workout comes with easy-to-follow instructions and images, making it safe for users to do the exercises.
- ***Options for All Levels:*** The workouts have different sets and reps for beginners and advanced users, allowing everyone to find a routine that fits them.

## **Nutrition Section**

- ***Meal Plans for Different Goals:*** This part offers meal plans to help users lose weight, build muscle, or maintain a healthy diet.
- ***Healthy Eating Tips:*** Suggestions for nutritious food choices to help users enjoy healthy eating.
- **Hydration Tips:** Simple advice on how to stay hydrated, showing the importance of drinking enough water for overall health.

## **Transformation Gallery**

- ***Gallery of Transformations:*** This section shows before-and-after photos from real users, highlighting their success and progress to inspire newcomers.

- ***Success Stories:*** Each transformation includes a short story about the person's journey, helping users connect with their experiences and feel motivated.

## **Contact Us**

- ***Easy Communication:*** The site has a contact form and email option, making it simple for visitors to reach out with questions or feedback.
- ***Support and Engagement:*** This section shows RAGE FITNESS's commitment to being there for its users, offering help with fitness, nutrition, and wellness questions.

## **Conclusion**

This documentation explains the purpose and layout of RAGE FITNESS. The site combines workouts, meal plans, hydration tips, and success stories into one easy-to-use platform. The aim is to give users the tools they need to achieve their fitness and health goals in a supportive environment.

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***THE END***

