Git is a version control system that takes snapshots of your work every time you commit it. Git also allows multiple people to work on the same project at the same time and stores a full history of all changes. Git workflow helps developers use git consistently and effectively. There are multiple common workflows to use that depend on what type of environment and team you're working with.

https://www.atlassian.com/git/tutorials/what-is-git

https://www.atlassian.com/git/tutorials/comparing-workflows#:~:text=Git%20is%20the%20most%20commonly,leverage%20Git%20effectively%20and%20consistently.

https://git-scm.com/book/en/v2/Getting-Started-What-is-Git%3F

https://about.gitlab.com/topics/version-control/what-is-git-workflow/