

about.html

```
1  <!DOCTYPE html>
2  <!-- Brynner, ch08 about.html, 5/20/2024 -->
3  <html lang="en">
4  <head>
5      <title>Forward Fitness Club</title>
6      <meta charset="utf-8">
7      <meta name="viewport" content="width=device-width, initial-scale=1">
8      <link rel="stylesheet" href="css/styles.css">
9      <link rel="preconnect" href="https://fonts.googleapis.com">
10     <link rel="preconnect" href="https://fonts.gstatic.com" crossorigin>
11     <link href="https://fonts.googleapis.com/css2?family=Francois+One&family=
Roboto+Slab:wght@100..900&display=swap" rel="stylesheet">
12     <link rel="shortcut icon" href="images/favicon.ico">
13     <link rel="icon" type="image/png" sizes="32x32" href="images/favicon-32.png">
14     <link rel="apple-touch-icon" sizes="180x180" href="images/apple-touch-icon.png">
15     <link rel="icon" sizes="192x192" href="images/android-chrome-192.png">
16 </head>
17
18 <body>
19
20     <div id="container">
21
22         <!-- Use the header area for the website name or logo -->
23         <header>
24             <a href="index.html"></a>
25         </header>
26
27         <!-- Use the nav area to add hyperlinks to other pages within the website -->
28         <nav>
29             <ul>
30                 <li><a href="index.html">Home</a></li>
31                 <li><a href="about.html">About Us</a></li>
32                 <li><a href="classes.html">Classes</a></li>
33                 <li><a href="nutrition.html">Nutrition</a></li>
34                 <li><a href="contact.html">Contact Us</a></li>
35             </ul>
36         </nav>
37
38         <!-- Use the main area to add the main content of the webpage -->
39         <main>
40
41             <section id="weights">
42
43                 <h1>Weights</h1>
44                 
45                 <p>Our facility includes a weight training area with several weight options.
Build lean muscle with weights and improve your core with weight training.</p>
46                 <ul class="tablet-desktop">
47                     <li>Dumbbells</li>
48                     <li>Kettle bells</li>
49                     <li>Barbells</li>
50                 </ul>
51
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52     </section>
53
54     <section id="cardio">
55
56         <h1>Cardio</h1>
57         
58         <p>Burn fat through cardio workouts. Experts recommend 150 minutes of cardio
each week. We have several equipment choices for your workout.</p>
59         <ul class="tablet-desktop">
60             <li>Treadmills</li>
61             <li>Elliptical Machines</li>
62             <li>Exercise Bikes</li>
63         </ul>
64
65     </section>
66
67     <section id="training">
68
69         <h1>Personal Training</h1>
70         
71         <p>Our certified personal trainers work with you to help you obtain your
fitness goals and track your progress. Personal training has many benefits.</p>
72         <ul class="tablet-desktop">
73             <li>Accountability</li>
74             <li>Personalized Program</li>
75             <li>Consistent Support and Motivation</li>
76         </ul>
77
78     </section>
79
80     <section id="exercises" class="tablet-desktop">
81
82         <h1>Common Exercise</h1>
83         <p>The following are common exercises that we encourage our clients to do as
part of their daily exercise routine.</p>
84         <dl>
85             <dt>Burpee</dt>
86             <dd>Burpees are a great full-body exercise to increase your strength and
endurance. Begin in a standing position, drop into a squat and extend your hands forward, kick
your feet back and then forward again quickly, and then jump up from a squatted position.</dd>
87
88             <dt>Plank</dt>
89             <dd>Planks build your core strength. To perform a plank, get in a push-up
position and rest your forearms on the floor. Hold the position as long as you can.</dd>
90
91             <dt>Mountain Climber</dt>
92             <dd>Mountain climbers are a good cardio exercise. Place your hands on the
floor in a push-up position, bring one knee up to your chest, and then switch as quickly as you
can (as though you are climbing a mountain).</dd>
93         </dl>
94
95         <p>For more information about how to stay active, visit the <a href="
https://www.hhs.gov/fitness/be-active/index.html" target="_blank" class="external-link">U.S.
Department of Health and Human Services</a>.</p>
96
97     </section>
98
99 </main>
```

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100
101     <!-- Use the footer area to add webpage footer content -->
102     <footer>
103         <p>&copy; Copyright 2024. All Rights Reserved.</p>
104         <p><a href="mailto:forwardfitness@club.net">forwardfitness@club.net</a></p>
105     </footer>
106
107 </div>
108
109 </body>
110 </html>
```