

about.html

```
1 <!DOCTYPE html>
2 <!-- Brynner, ch06 about.html, 4/5-10/2024 -->
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 </head>
13
14 <body>
15
16     <div id="container">
17
18         <!-- Use the header area for the website name or logo -->
19         <header>
20             <a href="index.html"></a>
21         </header>
22
23         <!-- Use the nav area to add hyperlinks to other pages within the website -->
24         <nav>
25             <ul>
26                 <li><a href="index.html">Home</a></li>
27                 <li><a href="about.html">About Us</a></li>
28                 <li><a href="classes.html">Classes</a></li>
29                 <li><a href="nutrition.html">Nutrition</a></li>
30                 <li><a href="contact.html">Contact Us</a></li>
31             </ul>
32         </nav>
33
34         <!-- Use the main area to add the main content of the webpage -->
35         <main>
36
37             <div id="weights">
38
39                 <h1>Weights</h1>
40                 
41                 <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>
42                 <ul class="tablet-desktop">
43                     <li>Dumbbells</li>
44                     <li>Kettle bells</li>
45                     <li>Barbells</li>
46                 </ul>
47
48             </div>
49
50             <div id="cardio">
```

```
51
52         <h1>Cardio</h1>
53         
54         <p>Burn fat through cardio workouts. Experts recommend 150 minutes of cardio
each week. We have several equipment choices for your workout.</p>
55         <ul class="tablet-desktop">
56             <li>Treadmills</li>
57             <li>Elliptical Machines</li>
58             <li>Exercise Bikes</li>
59         </ul>
60
61     </div>
62
63     <div id="training">
64
65         <h1>Personal Training</h1>
66         
67         <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>
68         <ul class="tablet-desktop">
69             <li>Accountability</li>
70             <li>Personalized Program</li>
71             <li>Consistent Support and Motivation</li>
72         </ul>
73
74     </div>
75
76     <div id="exercises" class="tablet-desktop">
77
78         <h1>Common Exercise</h1>
79         <p>The following are common exercises that we encourage our clients to do as
part of their daily exercise routine.</p>
80         <dl>
81             <dt>Burpee</dt>
82             <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>
83
84             <dt>Plank</dt>
85             <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>
86
87             <dt>Mountain Climber</dt>
88             <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>
89         </dl>
90
91         <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>
92
93     </div>
94
95 </main>
96
97 <!-- Use the footer area to add webpage footer content -->
```

```
98         <footer>
99             <p>&copy; Copyright 2024. All Rights Reserved.</p>
100            <p><a href="mailto:forwardfitness@club.net">forwardfitness@club.net</a></p>
101        </footer>
102
103    </div>
104
105 </body>
106 </html>
```