A

Project Report on

FIT4LIFE

Submitted in partial fulfilment of completion of the course

Advanced Diploma in IT, Networking and Cloud Computing

Submitted by:

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Ministry of Skill Development & Entrepreneurship

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ABSTRACT

This project is a fitness website designed using HTML, CSS, JavaScript, Java Spring Boot, and MySQL. It aims to help users access workout videos, track their fitness goals, and view their attendance. The website provides a smooth and responsive experience across devices.

On the user side, members can browse and watch workout videos, check their progress, and track their fitness journey. We have also implemented features like password recovery to improve the user experience.

For the admin side, we offer complete control over the platform. Admins can add, update, or delete workout videos, manage users, and handle CRUD operations (Create, Read, Update, Delete). There is also a contact form where users can send messages to the admin.

Overall, Fit4Life offers a comprehensive and easy-to-use fitness platform that combines functionality with a user-friendly design.

ACKNOWLEDGEMENT

ADVANCE DIPLOMA IN IT NETWORKING & CLOUD COMPUTING

The Advanced Diploma in IT Networking and Cloud Computing program offered by **NSTI (W) Noida** in collaboration with **Edunet Foundation & IBM** is a comprehensive course designed to equip students with advanced skills in information technology and cloud computing. This program covers a wide range of topics, including Computer Networking, Database Management, Virtualization, Cloud Technologies, and Cybersecurity. Students will gain hands-on experience through practical labs, workshops, and real-world projects, enabling them to excel in the rapidly evolving IT industry. Upon completion of the program, Graduates will have a strong foundation in both IT Fundamentals and Cloud Computing, making them highly sought-after professionals in the field.

TEAM COMPOSITION AND WORKLOAD DIVISION

Team Name: Health Heroes

Project Name: Fit4Life

Team Members:

1. Sadhana Prajapati - Role: Team Leader, Full Stack Developer

- Leading the team and coordinating project tasks assigned by the IBM mentor.
- Handling both front-end and back-end development.
- Working on all aspects of the admin and user dashboards, including user authentication and data retrieval.
- Creating comprehensive project documentation and reports.

2. Gaurav Singh - Role: Full Stack Developer

- Developing user authentication features and backend integration.
- Contributing to the user dashboard functionality and ensuring data management.
- Handling hosting and deployment of the application.

3. Rahila - Role: Full Stack Developer

- Designing user interfaces and ensuring responsive design.
- Assisting with backend tasks, including fetching data from the database.
- Creating presentations (PPT) and ER diagrams.

4.Chanchal - Role: Full Stack Developer

- Working on UI design and responsive layouts.
- Contributing to user functionality, including the password recovery feature.
- Working on adding workouts and editing video content.

Workload Division:

- Front-End Development: 50%
- Back-End Development: 40%
- Documentation and Reporting: 10%

Collaboration Tools Used:

- **GitHub:** For version control and collaboration.
- **Forking the Repository:** Each member worked on individual features through their forks.
- **Pull Requests:** Members submitted pull requests for code reviews and merging changes.
- **Group Discussions:** For communication and updates, facilitating real-time discussions and information sharing.

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1. INTRODUCTION TO PROBLEM

In today's fitness landscape, people are constantly searching for easy-to-access, personalized workout routines that cater to different skill levels while tracking their progress. Many fitness platforms lack the interactivity, flexibility, and personalization needed to effectively engage users. Additionally, users often find it challenging to manage their goals, attendance, and workout history in a seamless and organized way.

This project, Fit4Life, aims to address these challenges by offering a dynamic and interactive fitness website. The platform provides users with categorized home workout routines for Beginner, Intermediate, and Advanced levels, targeting different muscle groups such as Abs, Arms, Shoulders & Back, Legs, and Chest. Each workout is designed to match the user's fitness level.

Moreover, Fit4Life includes features such as a calendar for attendance tracking, goal-setting options, and workout history checks. The platform is fully responsive, ensuring users can access it across all devices. Admins are given control over the platform through the ability to add, update, and delete workouts, as well as manage user information. The dashboard provides real-time insights into the number of registered users and the workouts available.

The problem statement centers around the need for a modern, user-friendly fitness platform that offers comprehensive workout routines, goal management, and personalized tracking features. By integrating these functionalities, Fit4Life redefines how users engage with their fitness journey, making it easier to achieve their goals while staying motivated.

2. LITERATURE REVIEW

Research indicates that many fitness applications struggle to maintain user engagement over time, especially during the COVID-19 pandemic when traditional workout environments were disrupted.

Users often find these apps either too complex or lacking in motivational features, leading to decreased usage. Studies emphasize the importance of personalized feedback, user-friendly designs, and community support to enhance the user experience.

Most existing solutions focus on isolated aspects of fitness, such as workout tracking or nutrition management, but fail to offer a comprehensive approach that integrates both effectively, particularly in adapting to the changing needs of users during lockdowns.

3. PROPOSED SOLUTION

Fit4Life aims to fill this gap by providing a user-friendly web platform that combines workout routines, real-time video guides, and user progress tracking.

Key Features:

1. **Personalized Dashboards:** Users can track their workout history and set personal fitness goals.

2. **Responsive Design:** Accessible on both desktop and mobile devices, making it easy for users to follow workouts anytime.

3. **Workout Videos:** Real-time video guidance to help users with their exercises.

4. **Admin Control:** Admins can easily manage users and workouts.

Benefits:

- Keeps users motivated with personalized progress tracking.

- Simple management for admins.

- Scalable design that can grow with user needs.

With Fit4Life, users get a complete fitness experience that encourages a healthier lifestyle.

4. REQUIREMENTS

4.1 Technology Stack

- **Frontend:** HTML, CSS, JavaScript, Bootstrap.
- **Backend:** Java Spring Boot.
- **Database:** MySQL.

4.2 Hardware

- Development on laptops or computers.

4.3 Software

- **IDEs:** Spring Boot Tool Suite, Eclipse, Visual Studio Code.
- **Version Control:** Git and GitHub.

4.4 Deployment Environment

- GitHub for version control.
- Railway for cloud hosting.

5. USER REQUIREMENTS

Variety of Workouts: Users should have access to different workouts based on their fitness level (beginner, intermediate, advanced) to suit their needs.

Progress Tracking: The platform should help users track their workout progress and set fitness goals, keeping them motivated.

Personal Dashboard: Each user should have a simple dashboard to manage their workouts, see attendance, and track their fitness progress.

Admin Tools: Admins should be able to easily manage workouts and user accounts to keep the platform running smoothly.

Mobile-Friendly Design: The platform should work well on both phones and computers for easy access anywhere.

6. DESIGN DOCUMENTATION

6.1 User Interface Design
The user interface (UI) of Fit4Life is designed to be intuitive and user-friendly. The layout includes a navigation bar for easy access to different sections, such as Workouts, Dashboard, and Admin Panel. Color schemes and typography are chosen to create a welcoming and motivating environment for users.

6.2 Database Design
The database is structured to efficiently store user information, workout data, and attendance records. Key tables include:

Users: Stores user credentials and personal details.

Workouts: Contains workout videos, descriptions, and difficulty levels.

Attendance: Tracks user attendance and workout history.

6.3 System Architecture
The application follows a layered architecture:

Presentation Layer: Handles user interaction through HTML, CSS, and JavaScript.

Business Logic Layer: Implemented using Java Spring Boot, processing user requests and managing workflows.

Data Access Layer: Interacts with the MySQL database to perform CRUD operations.

7. IMPLEMENTATION DETAILS

Technology Stack:

- **Frontend:** HTML, CSS, JavaScript

- **Backend:** Java Spring Boot

- **Database:** MySQL

Project Modules:

- **Home Page:**

  Features a carousel of workout videos and links to workout levels.

- **Workout Page:**

  Users select workouts based on skill levels with categories for each.

- **Video Page:**

  Access to workout video tutorials filtered by user preferences.

- **Dashboard:**

  Personalized user dashboard for tracking goals, workout history, attendance, and password resets.

- **About & Contact:**

  Background info on the platform and a support contact form.

- **User Login Page:**

  For users to log into their accounts.

- **User Signup Page:**

  For new users to create accounts.

- **Admin Login Page:**

  For admins to access the management section of the platform.

Key Features:

- **User Authentication:** Secure login with role-based access.

- **Workout Management:** Users follow workout plans; admins manage content.

- **Tracking & Goal Setting:** Calendar feature for attendance and goal tracking.

- **Responsive Design:** Fully responsive design for all devices.

ER Diagram:
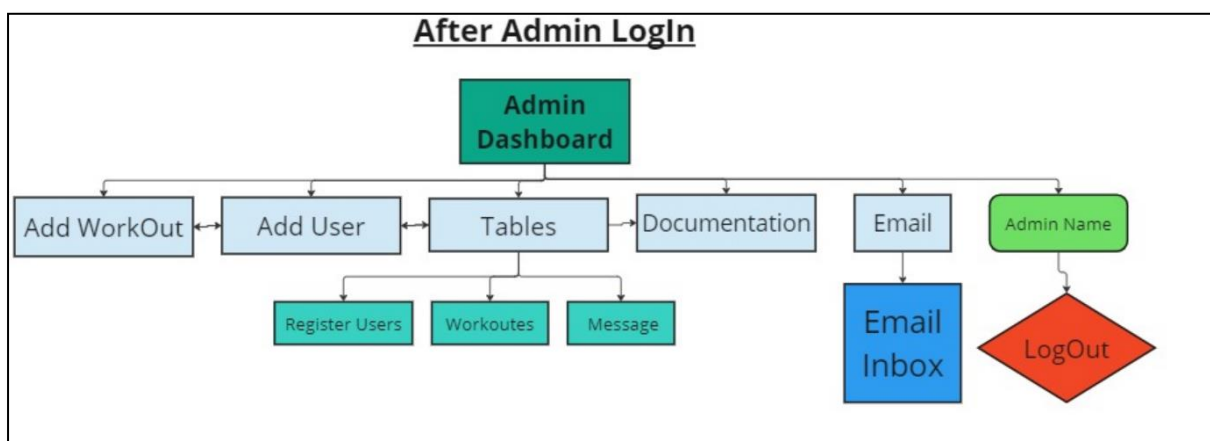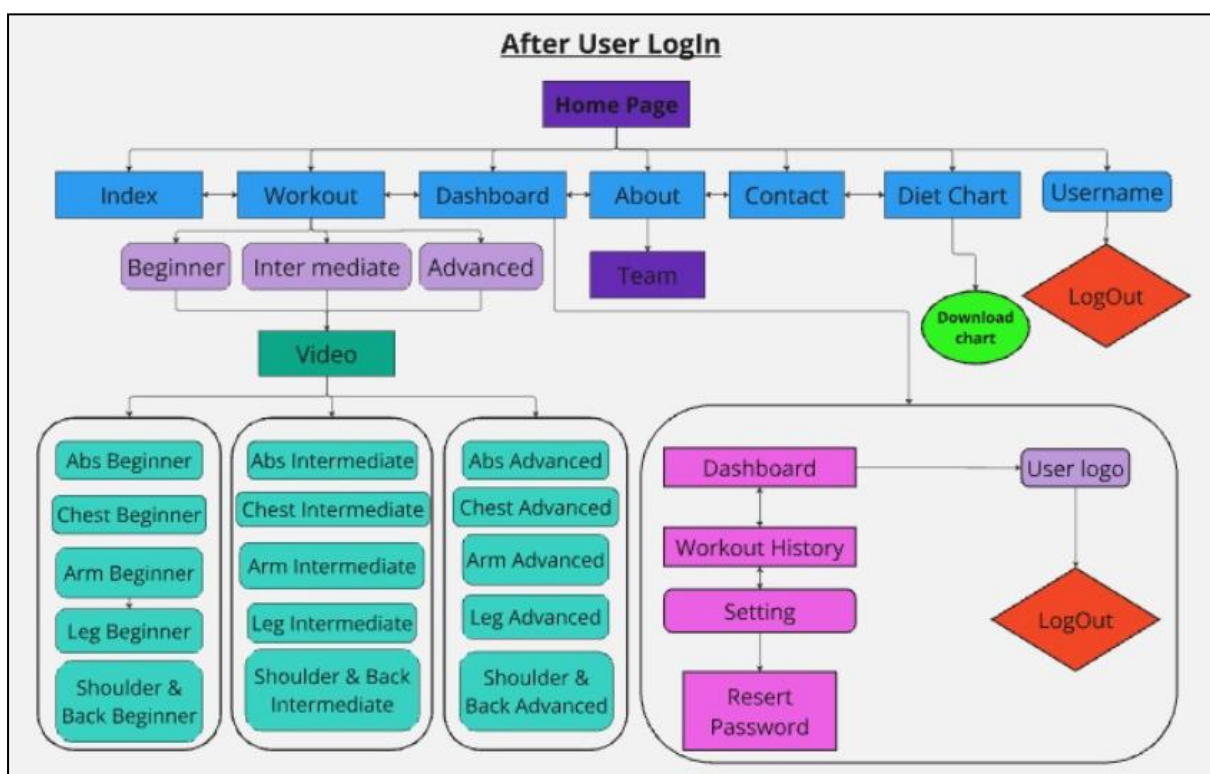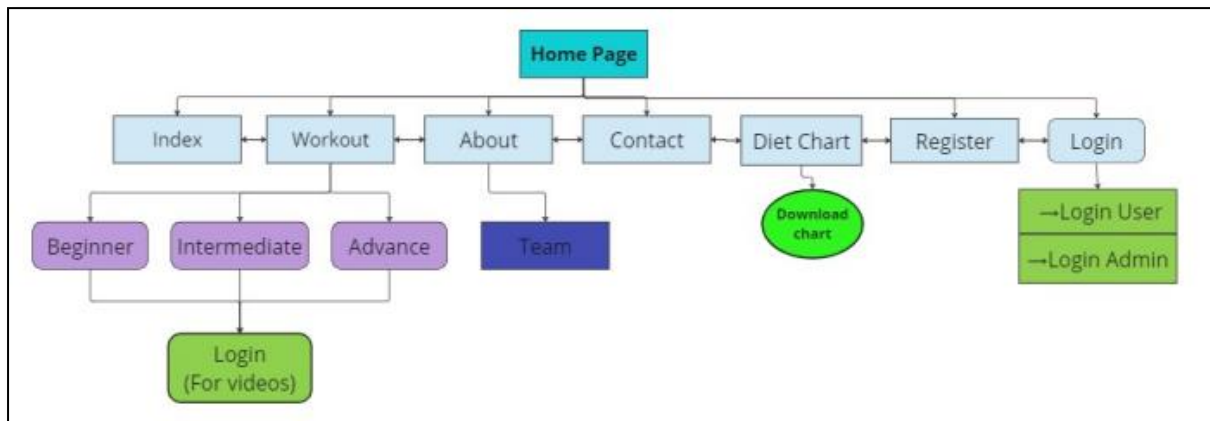
8. TESTING

To ensure Fit4Life works well, we conducted thorough testing for both the backend and frontend.

8.1 Backend Testing

- **API Testing:** We used Postman to check the API endpoints for tasks like logging in and managing workouts, making sure they return the right responses.

8.2 Frontend Testing

- **Functional Testing:** We manually tested user actions, such as logging in and watching workout videos, to ensure everything works as expected.
- **User Acceptance Testing (UAT):** Real users tested the application to give feedback on its usability, helping us make sure it meets their needs.

9. DEPLOYMENT

The deployment of the Fit4Life project involves the following steps:

1. **Version Control with GitHub:**

   - The project code is managed in a GitHub repository, allowing for version control and collaborative development.

   - Team members contribute to the codebase using branches and pull requests for efficient code reviews and integration.

2. **Cloud Hosting with Railway:**

   - The application is hosted on Railway, which provides a platform for easy deployment of web applications.

   - Railway automates the deployment process, ensuring that the latest code is always live and accessible.

3. **Continuous Integration/Continuous Deployment (CI/CD):**

   - GitHub Actions can be set up to automatically deploy changes to Railway whenever code is pushed to the main branch, streamlining the workflow.

4. **Monitoring and Maintenance:**

   - Railway offers monitoring tools to track application performance and manage scaling, ensuring that the Fit4Life platform runs smoothly.

Screenshots:

- **GitHub Repository:**
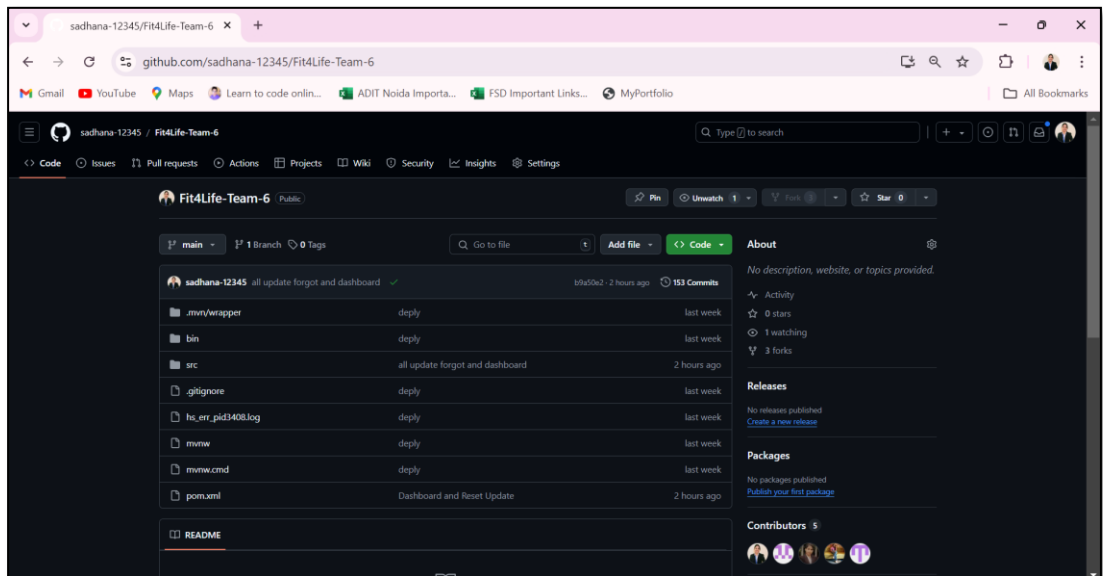
- **Railway Dashboard:**
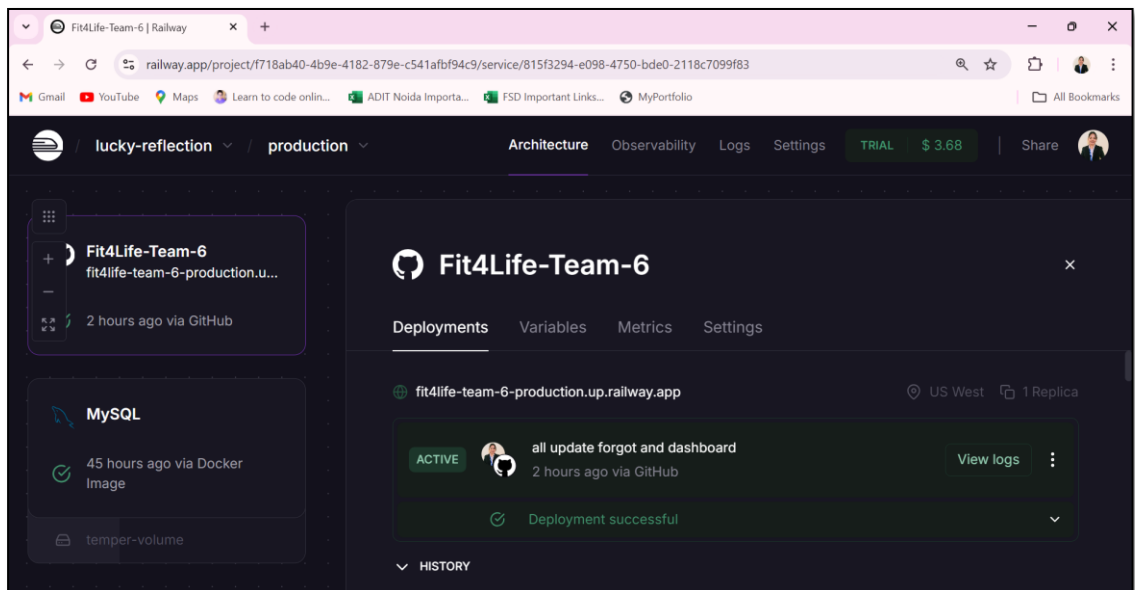
10. FUTURE SCOPE

The future of the Fit4Life platform presents exciting opportunities to improve the user experience and add new features. Some potential advancements include:

AI-Powered Personal Trainers: Using artificial intelligence to create custom workout plans and give real-time feedback based on users' performance and goals.

Wearable Device Integration: Connecting with fitness trackers and smartwatches to track heart rate, calories, and workout intensity, offering users a full view of their health.

Virtual Reality (VR) Workouts: Adding VR technology for immersive at-home workouts, making it feel like users are in different environments or attending virtual fitness classes.

Social and Community Features: Adding social features like challenges, leaderboards, and forums to encourage users to connect and stay motivated through friendly competition.

Gamification of Workouts: Introducing rewards, badges, and points for reaching fitness milestones, making workouts more engaging and fun.

Nutrition Tracking and Recommendations: Including tools for tracking nutrition, meal planning, and personalized diet advice to help users reach their fitness goals.

Advanced Analytics: Providing users with detailed workout analytics and reports, helping them see progress and trends over time.

11. CONCLUSION

In developing **Fit4Life**, we aimed to create a comprehensive and user-friendly fitness platform that merges modern technology with an intuitive design. By utilizing HTML, CSS, JavaScript, Java Spring Boot, and MySQL, this project goes beyond a standard fitness website, offering users personalized workout experiences, goal tracking, and interactive features such as workout history, calendars, and progress tracking.

From concept to implementation, Fit4Life has evolved into a dynamic platform, providing users with a seamless way to achieve their fitness goals at their own pace. With sections dedicated to workouts for different fitness levels, a responsive user dashboard, and admin functionalities for managing users and workout content, the website is built to cater to both users and administrators effectively.

Moreover, the addition of features like workout video integration, goal tracking, and attendance monitoring ensures that users stay engaged and motivated on their fitness journey. The admin side also simplifies the management of workouts, users, and feedback, making the system more efficient and scalable.

Looking ahead, **Fit4Life** is designed with adaptability in mind, ready to incorporate future innovations like AI-driven personal trainers, wearable device integration, and virtual reality workouts. It serves as a forward-thinking fitness solution, not only meeting current user needs but also paving the way for exciting enhancements.

In conclusion, **Fit4Life** represents a blend of thoughtful design, technology, and fitness expertise. It is not just a static website but a living platform that evolves with the user's journey, setting the stage for future growth and continuous improvement.

12. APPENDIX A PROJECT CODE

index.html:

```html
<!DOCTYPE html>
<html>
<head>
    <title>Fit4Life</title>
    <link
      rel="icon"
      href="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo
_pctu2u.png"
      type="image/x-icon"
    />

    <!-- Google Fonts -->
    <link rel="preconnect" href="https://fonts.gstatic.com">
    <link
href="https://fonts.googleapis.com/css2?family=Oswald:wght@400;500;600;700&fam
ily=Rubik&display=swap" rel="stylesheet">

    <!-- Icon Font link -->
    <link href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/5.15.0/css/all.min.css" rel="stylesheet">
    <link href="https://cdn.jsdelivr.net/npm/bootstrap-
icons@1.4.1/font/bootstrap-icons.css" rel="stylesheet">


    <!-- Bootstrap link  -->
    <link href="css/bootstrap.min.css" rel="stylesheet">


    <!--  css Stylesheet -->
    <link href="css/style.css" rel="stylesheet">
    <style>
  .video-container {
  position: relative;
  width: 100vw; /* Full viewport width */
  height: 100vh; /* Full viewport height */
  overflow: hidden; /* Ensures no overflow */
}

.video-width {
    position: absolute;
    top: 50%;
    left: 50%;
    width: 100%;
    height: 100%;
    transform: translate(-50%, -50%);
    object-fit: cover;
```

```
}

 body {
    width: 100%;
    height: 100%;
    margin: 0;
    padding: 0;
    overflow-x: hidden; /* Prevents horizontal scroll */
}


    </style>

</head>

<body>
    <!-- Header Start -->
    <div class="container-fluid bg-dark px-0">
        <div class="row gx-0">
            <div class="col-lg-3 bg-dark d-none d-lg-flex align-items-center
justify-content-center">
                <a href="index" class="navbar-brand w-100 h-100 m-0 p-0 d-flex
align-items-center justify-content-center">
                    <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u
.png" alt="Fit4Life Logo" class="img-fluid logo-img">
                </a>
            </div>
            <div class="col-lg-9">
                <nav class="navbar navbar-expand-lg bg-dark navbar-dark p-3 p-
lg-0 px-lg-5">
                    <a href="index" class="navbar-brand d-block d-lg-none">
                        <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u
.png" alt="Fit4Life Logo" class="img-fluid logo-img">
                    </a>
                    <button type="button" class="navbar-toggler" data-bs-
toggle="collapse" data-bs-target="#navbarCollapse">
                        <span class="navbar-toggler-icon"></span>
                    </button>
                    <div class="collapse navbar-collapse justify-content-
between" id="navbarCollapse">
                        <div class="navbar-nav mr-auto py-0">
                            <a href="index" class="nav-item nav-link
active">Home</a>
                            <a href="workout" class="nav-item nav-
link">Workout</a>
                            <a href="dashboard" id="dashboardLink" class="nav-
item nav-link">Dashboard</a>
```

```html
                        <a href="about" class="nav-item nav-
link">About</a>
                        <a href="contact" class="nav-item nav-
link">Contact</a>
                    </div>
                    <div class="nav-item dropdown">
                        <a href="#" id="loginDropdown" class="btn btn-
primary py-md-3 px-md-5 nav-link dropdown-toggle hidden" data-bs-
toggle="dropdown">
                            Login
                        </a>
                        <div class="dropdown-menu dropdown-menu-end
rounded-0 m-0 hidden" id="dropdownMenu">
                            <!-- Content will be injected by JavaScript --
>
                        </div>
                    </div>
                </div>
            </nav>
        </div>
    </div>
</div>
<!-- Header End -->

<!-- Carousel Start -->
<div class="container-fluid p-0 mb-5">
    <div id="header-carousel" class="carousel slide" data-bs-ride="carousel">
        <div class="carousel-inner">
            <div class="carousel-item active">
                <div class="video-container">
                    <video class="video-width" autoplay loop muted>
                        <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1721238592/vdo_tscewa.
mp4" type="video/mp4">
                    </video>
                </div>
                <div class="carousel-caption d-flex flex-column align-items-
center justify-content-center">
                    <div class="p-3" style="max-width: 900px;">
                        <h1 class="display-2 text-white text-uppercase mb-md-
4">Step Into Fitness Transform Your Life</h1>
                        <a href="signup" class="btn btn-primary py-md-3 px-md-
5 me-3 btn-register">Register</a>
                        <a href="contact" class="btn btn-light py-md-3 px-md-5
btn-contact">Contact Us</a>
                    </div>
                </div>
            </div>
            <div class="carousel-item">
```

```html
                    <div class="video-container">
                        <video class="video-width" autoplay loop muted>
                            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1721238410/vdo3_c4jhyc
.mp4" type="video/mp4">
                        </video>
                    </div>
                    <div class="carousel-caption d-flex flex-column align-items-
center justify-content-center">
                        <div class="p-3" style="max-width: 900px;">
                            <h1 class="display-2 text-white text-uppercase mb-md-
4">Unleash your potential lead a fit life</h1>
                            <a href="signup" class="btn btn-primary py-md-3 px-md-
5 me-3 btn-register">Register</a>
                            <a href="contact" class="btn btn-light py-md-3 px-md-5
btn-contact">Contact Us</a>
                        </div>
                    </div>
                </div>
                <div class="carousel-item">
                    <div class="video-container">
                        <video class="video-width" autoplay loop muted>
                            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1721237898/vdo2_aln6pf
.mp4" type="video/mp4">
                        </video>
                    </div>
                    <div class="carousel-caption d-flex flex-column align-items-
center justify-content-center">
                        <div class="p-3" style="max-width: 900px;">
                            <h1 class="display-2 text-white text-uppercase mb-md-
4">Your best self is just a login away. Start now!</h1>
                            <a href="signup" class="btn btn-primary py-md-3 px-md-
5 me-3 btn-register">Register</a>
                            <a href="contact" class="btn btn-light py-md-3 px-md-5
btn-contact">Contact Us</a>
                        </div>
                    </div>
                </div>
            </div>
        </div>
        <button class="carousel-control-prev" type="button" data-bs-
target="#header-carousel" data-bs-slide="prev">
            <span class="carousel-control-prev-icon" aria-
hidden="true"></span>
            <span class="visually-hidden">Previous</span>
        </button>
        <button class="carousel-control-next" type="button" data-bs-
target="#header-carousel" data-bs-slide="next">
```

```html
                <span class="carousel-control-next-icon" aria-
hidden="true"></span>
                <span class="visually-hidden">Next</span>
        </button>
    </div>
</div>
    <!-- Carousel End -->


    <!--  Cards code start-->
    <div class="container">
        <div class="card-group vgr-cards">
            <div class="card card1 right">
                <div class="card-img-body">
                    <img id="dynamic-img-1" class="card-img" alt="Fitness
image 1">
                </div>
                <div class="card-body">
                    <h4 class="card-title text-uppercase my-4">Elevate Your
Fitness Journey</h4>
                    <p class="card-text"><b>Unlock a new level of health with
our dynamic workout plans.</b> Whether you're just starting out or looking to
push your limits, our plans are designed to adapt to your progress and help
you excel at every stage. Find the perfect plan to match your fitness level
and see transformative results.</p>
                </div>
            </div>
            <div class="card card1 left">
                <div class="card-img-body">
                    <img id="dynamic-img-2" class="card-img" alt="Fitness
image 2">
                </div>
                <div class="card-body">
                    <h4 class="card-title text-uppercase my-4">Seamless
Progress Tracking</h4>
                    <p class="card-text"><b>Empower yourself with clear
insights into your fitness progress.</b> Our user-friendly  lets you monitor
your achievements, set new goals, and stay motivated. Keep track of every
workout and celebrate your milestones with our advanced tracking tools.</p>
                </div>
            </div>
            <div class="card card1 right">
                <div class="card-img-body">
                    <img id="dynamic-img-3" class="card-img" alt="Fitness
image 3">
                </div>
                <div class="card-body">
                    <h4 class="card-title text-uppercase my-4">Innovative
Workouts for Every Level</h4>
```

```html
                    <p class="card-text"><b>Experience the difference with
expertly curated workouts.</b> Each plan features a variety of exercises to
keep your routine engaging and effective. From foundational movements to
advanced techniques, we offer the resources you need to stay challenged and
see real progress.</p>
                </div>
            </div>
        </div>
    </div>
    <!-- cards code end-->


    <!-- Programe Start -->
    <div class="container-fluid programe position-relative px-5 mt-5"
style="margin-bottom: 135px;">
        <div class="row g-5 gb-5">
            <div class="col-lg-4 col-md-6 zoom">
                <div class="bg-light rounded text-center p-5">
                    <i class="flaticon-six-pack display-1 text-primary"></i>
                    <h3 class="text-uppercase my-4">Beginner</h3>
                    <p>Just starting your fitness journey? Our beginner
exercises are designed to ease you into a regular fitness routine. With step-
by-step instructions and easy-to-follow videos, you'll build a strong
foundation and gain confidence.</p>
                    <!--a class="text-uppercase" href="">Read More <i
class="bi bi-arrow-right"></i></a-->
                </div>
            </div>
            <div class="col-lg-4 col-md-6 zoom">
                <div class="bg-light rounded text-center p-5">
                    <i class="flaticon-barbell display-1 text-primary"></i>
                    <h3 class="text-uppercase my-4">Intermediate</h3>
                    <p>Ready to take your fitness to the next level? Our
intermediate exercises offer a variety of workouts that will challenge you and
help you progress. These routines are perfect for those who have a basic
fitness foundation and are looking to improve their strength and
endurance.</p>
                </div>
            </div>
            <div class="col-lg-4 col-md-6 zoom">
                <div class="bg-light rounded text-center p-5">
                    <i class="flaticon-bodybuilding display-1 text-
primary"></i>
                    <h3 class="text-uppercase my-4">Advanced</h3>
                    <p>For those seeking a serious challenge, our advanced
exercises are here to push your limits. These high-intensity workouts are
designed for experienced fitness enthusiasts looking to maximize their
performance and achieve peak physical condition.</p>
                </div>
            </div>
```

```html
            <div class="col-lg-12 col-md-6 text-center">
                <h1 class="text-uppercase text-light mb-4">Workout Types We
Provide</h1>
                <a href="workout" class="btn btn-primary py-3 px-5">Start
WorkOut</a>
            </div>
        </div>
    </div>
    <!-- Programe Start -->

    <!-- Footer Start -->
    <footer class="footer">
        <div class="footer-container">
            <div class="footer-section">
                <h4>Get In Touch</h4>
                <div class="d-flex mb-2">
                    <i class="bi bi-geo-alt text-primary me-2"></i>
                    <p>NSTI(w) Noida UP</p>
                </div>
                <div class="d-flex mb-2">
                    <i class="bi bi-envelope-open text-primary me-2"></i>
                    <p>fit4life201301@gmail.com</p>
                </div>
                <div class="d-flex mb-2">
                    <i class="bi bi-telephone text-primary me-2"></i>
                    <p>+91 841-8081-396</p>
                </div>

            </div>
            <div class="footer-section">
                <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u
.png" alt="logo" class="img-fluid logo-img rotate-image">
                <p class="text-secondary mb-2">Discover Your Potential,<br>
Transform Your Life with Us.</p>
            </div>

            <div class="footer-section">
                <h4 class="footerlinks">Quick Links</h4>
                <div class="d-flex flex-column justify-content-start">
                    <a class="text-secondary mb-2" href="index"><i class="bi
bi-arrow-right text-primary me-2"></i>Home</a>
                    <a class="text-secondary mb-2" href="about"><i class="bi
bi-arrow-right text-primary me-2"></i>About Us</a>
                    <a class="text-secondary mb-2" href="workout"><i class="bi
bi-arrow-right text-primary me-2"></i>WorkOut</a>
                    <a class="text-secondary" href="contact"><i class="bi bi-
arrow-right text-primary me-2"></i>Contact Us</a>
                </div>
```

```html
                </div>
            </div>
        <div class="container-fluid py-4 py-lg-0 px-5" style="background:
#111111;">
            <div class="row gx-5">
                <div class="col-lg-8">
                    <div class="py-lg-4 text-center">
                        <p class="text-secondary mb-0">&copy; <a class="text-light
fw-bold" href="#">Fit4Life</a>. All Rights Reserved.</p>
                    </div>
                </div>
                <div class="col-lg-4">
                    <div class="py-lg-4 text-center credit">
                        <p class="text-light mb-0">Designed by <a class="text-
light fw-bold">Health Heros</a></p>
                    </div>
                </div>
            </div>
        </div>
        </footer>
        <!-- Footer End -->


        <!-- Back to Top -->
        <a href="#" class="btn btn-dark py-3 fs-4 back-to-top"><i class="bi bi-
arrow-up"></i></a>


        <!-- JavaScript Libraries -->
        <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js"></script>
        <script
src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.9.2/dist/umd/popper.min.js"
></script>
        <script
src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js"><
/script>
        <script src="https://code.jquery.com/jquery-3.4.1.min.js"></script>
        <script
src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.0/dist/js/bootstrap.bundle.min
.js"></script>

        <!-- Template Javascript -->
        <script src="js/main.js"></script>
        <script>
    // Fetch Username From Database
    document.addEventListener('DOMContentLoaded', function () {
        fetch('/api/getSessionAttributes', {
            method: 'GET',
            headers: {
```

```
          'Content-Type': 'application/json'
      }
  })
  .then(response => response.json())
  .then(data => {
    const { isLoggedIn, fname } = data;
    const loginButton = document.getElementById('loginDropdown');
    const dropdownMenu = document.getElementById('dropdownMenu');
    const dashboardLink = document.getElementById('dashboardLink'); //
Select the Dashboard link
    const registerButtons = document.querySelectorAll('.btn-register'); //
Select all Register buttons
    const contactButtons = document.querySelectorAll('.btn-contact'); //
Select all Contact Us buttons

    if (isLoggedIn && fname) {
      // Replace login button text with first name
      loginButton.textContent = fname;
      loginButton.classList.remove('btn-secondary');
      loginButton.classList.add('btn-primary');

      // Update dropdown to show the logout option
      dropdownMenu.innerHTML = `
        <a href="/logout" class="dropdown-item" id="logout">Logout</a>
      `;

      // Show the Dashboard link if user is logged in
      dashboardLink.style.display = 'block';

      // Hide all Register and Contact Us buttons if user is logged in
      registerButtons.forEach(button => button.style.display = 'none');
      contactButtons.forEach(button => button.style.display = 'none');

    } else {
      // Show login options if not logged in
      loginButton.textContent = 'Login';
      dropdownMenu.innerHTML = `
        <a href="/login" class="dropdown-item">User Login</a>
        <a href="/admin_login" class="dropdown-item">Admin Login</a>
      `;

      // Hide the Dashboard link if user is not logged in
      dashboardLink.style.display = 'none';

      // Show all Register and Contact Us buttons if user is not logged in
      registerButtons.forEach(button => button.style.display = 'inline-
block');
      contactButtons.forEach(button => button.style.display = 'inline-
block');
```

```
      }

      // Remove the hidden class to display the updated button and dropdown
      loginButton.classList.remove('hidden');
      dropdownMenu.classList.remove('hidden');
    })
    .catch(error => {
      console.error('Error:', error);
    });
  });
</script>
</body>
</html>
```

style.css

```css
/********** Template CSS **********/
:root {
    --primary: #FB5B21;
    --secondary: #BDBDBF;
    --light: #F4F5F8;
    --dark: #222429;
}

[class^="flaticon-"]:before,
[class*=" flaticon-"]:before,
[class^="flaticon-"]:after,
[class*=" flaticon-"]:after {
    font-size: inherit;
    margin-left: 0;
}
.logo-img {
    width: 100px; /* Adjust the width as needed */
    height: auto; /* Maintain aspect ratio */
}

@media (max-width: 991.98px) {
    /* Adjust the styles for small screens if needed */
    .navbar-brand {
        text-align: center;
    }
}



h1,
h2,
.font-weight-bold {
    font-weight: 700 !important;
}
```

```css
h3,
h4,
.font-weight-semi-bold {
    font-weight: 600 !important;
}

h5,
h6,
.font-weight-medium {
    font-weight: 500 !important;
}

.btn {
    font-family: 'Oswald', sans-serif;
    text-transform: uppercase;
    transition: .5s;
}

.btn-primary {
    color: #FFFFFF;
}

.btn-square {
    width: 38px;
    height: 38px;
}

.btn-sm-square {
    width: 30px;
    height: 30px;
}

.btn-lg-square {
    width: 48px;
    height: 48px;
}

.btn-square,
.btn-sm-square,
.btn-lg-square {
    padding-left: 0;
    padding-right: 0;
    text-align: center;
}

.back-to-top {
    position: fixed;
    display: none;
```

```css
    right: 30px;
    bottom: 0;
    border-radius: 0;
    z-index: 99;
}

.navbar-dark .navbar-nav .nav-link {
    font-family: 'Oswald', sans-serif;
    margin-right: 30px;
    padding: 40px 0;
    color: var(--light);
    font-size: 17px;
    text-transform: uppercase;
    outline: none;
}

.navbar-dark .navbar-nav .nav-link:hover,
.navbar-dark .navbar-nav .nav-link.active {
    color: var(--primary);
}

#dashboardLink {
  display: none; /* Hide Dashboard link by default */
}

@media (max-width: 991.98px) {
    .navbar-dark .navbar-nav .nav-link  {
        margin-right: 0;
        padding: 10px 0;
    }
}
/*  -------------cards CSS--------------*/
.card {
    border: none;
    display: flex;
    flex-direction: column;
    height: auto;
    margin-bottom: 20px;
    overflow: hidden;
    background-color: var(--light);
    box-shadow: 0 4px 8px #e7e7e8;
}
.card-img {
    border-radius: 0;
    width: 100%;
    height: auto;
    object-fit: cover;
    object-position: center;
}
```

```
.vgr-cards .card {
    display: flex;
    flex-flow: wrap;
    flex: 100%;
    margin-bottom: 40px;

    &:nth-child(even) .card-img-body {
        order: 2;
    }

    &:nth-child(even) .card-body {
        padding-left: 0;
        padding-right: 1.25rem;
    }

    @media (max-width: 576px) {
        display: block;
    }
}

.card-img-body {
    flex: 1;
    overflow: hidden;
    position: relative;
    height: 200px;

    @media (max-width: 768px) {
        height: 200px;
    }

    @media (max-width: 576px) {
        width: 100%;
        height: 250px;
        margin-bottom: 20px;
    }

    @media (max-width: 360px) {
        height: 200px;
    }
}

.card-body {
    flex: 2;
    padding: 0 0 0 1.25rem;

    @media (max-width: 768px) {
        padding: 0.75rem;
    }
}
```

```css
    @media (max-width: 576px) {
        padding: 0;
    }
}

.card-title, .card-text {
    margin: 0;
    margin-top: 20px;
    padding-left: 20px;
    color:#000;
}
.card-text{
    text-align: justify;
    padding-right: 20px;
    color:#78797b;


}
.card-title{
    font-size: 30px;
    font-weight: 500 !important;
}

/*card animation css code*/

.card {
    transform: translateX(50%);
    transition: transform 0.6s ease, opacity 0.6s ease;
}
.card1.left {
    transform: translateX(-50%);
}
.card1.right {
    transform: translateX(50%);
}
.card1.visible {
    opacity: 1;
    transform: translateX(0);
}

/* Programe css*/
.zoom {
    transition: transform 0.3s ease;
  }

  .zoom:hover {
    transform: scale(1.10); /* Zoom effect */
  }
```

```css
/* Media Queries */
@media (max-width: 768px) { /* Tablets */
    .card-title {
        font-size: 1.25rem;
        text-align: center;
    }

    .card-text {
        font-size: 0.875rem;
        text-align: justify;
        padding-left: 15px;
        padding-right: 15px;
        padding-bottom: 10px;
        color:#78797b;

    }
}

@media (max-width: 360px) { /* Phones */
    .card-title {
        font-size: 1rem;
        text-align: center;
    }

    .card-text {
        font-size: 0.75rem;
        text-align: justify;
        padding-left: 5px;
        padding-right: 5px;
        color:#78797b;

    }
}

/*-------Contact ------*/
.carousel-caption {
    top: 0;
    left: 0;
    right: 0;
    bottom: 0;
    background: rgba(34, 36, 41, .8);
    z-index: 1;
}



@media (max-width: 576px) {
```

```css
    .carousel-caption h4 {
        font-size: 18px;
        font-weight: 500 !important;
    }

    .carousel-caption h1 {
        font-size: 30px;
        font-weight: 600 !important;
    }
}

.carousel-control-prev,
.carousel-control-next {
    width: 10%;
}

.carousel-control-prev-icon,
.carousel-control-next-icon {
    width: 3rem;
    height: 3rem;
}

.bg-hero {
    background: linear-gradient(rgba(34, 36, 41, .8), rgba(34, 36, 41, .8)),
url(https://res.cloudinary.com/deup6t83x/image/upload/v1721236242/banner8_tlqb
hr.jpg) top center no-repeat;
    background-size: cover;
}

.programe::after {
    position :absolute;
    content: "";
    width: 100%;
    height: calc(100% - 45px);
    top: 135px;
    left: 0;
    background: var(--dark);
    z-index: -1;
}

.team-item img {
    transition: .5s;
}

.team-item:hover img {
    transform: scale(1.2);
}

.team-item .team-overlay {
```

```css
    position: absolute;
    top: 50%;
    right: 50%;
    bottom: 50%;
    left: 50%;
    display: flex;
    align-items: center;
    justify-content: center;
    background: rgba(34, 36, 41, .9);
    transition: .5s;
    opacity: 0;
}

.team-item:hover .team-overlay {
    top: 0;
    right: 0;
    bottom: 0;
    left: 0;
    opacity: 1;
}


@media (min-width: 991.98px) {
    .credit {
        background: var(--primary);
    }
}

/* responsive tab*/
@media (max-width: 991.98px) {


    .navbar-nav .nav-item {
        text-align: center;
    }
}



/*=====================Footer code=================*/

.footer {
    background-color: #222429; /* Dark grey background */
    color: white;
    padding: 20px 0;
    text-align: center;
}

.footer-container {
    display: flex;
```

```css
    flex-wrap: wrap;
    justify-content: space-between;
    max-width: 1200px;
    margin: 0 auto;
    padding: 20px;
}

.footer-section {
    flex: 1;
    min-width: 250px;
    margin: 10px 0;
}

.footer-section h4 {
    margin-bottom: 10px;
    font-size: 25px;
    color: #FB5B21; /* Orange color for headings */
}

.footer-section p {
    margin: 5px 0;
    font-size: 14px;
}

.social-icons {
    display: flex;
    justify-content: center;
}

.social-icons a {
    color: white;
    margin: 0 10px;
    font-size: 18px;
    transition: color 0.3s ease;
}

.social-icons a:hover {
    color: #FB5B21; /* Orange color on hover */
}

.footer-bottom {
    background-color: #FB5B21; /* Orange background */
    padding: 10px 0;
    font-size: 14px;
    color: white;
}
.rotate-image {
    width: 100px; /* Adjust as needed */
    height: 100px; /* Adjust as needed */
```

```
        animation: rotate 5s infinite linear;
}

@keyframes rotate {
    from {
        transform: rotate(0deg);
    }
    to {
        transform: rotate(360deg);
    }
}


@media (max-width: 768px) {
    .footer-container {
        flex-direction: column;
        text-align: center;
    }

    .footer-section {
        margin: 20px 0;
    }
}
```

workout.html:

```
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Fit4Life</title>
    <link
      rel="icon"
      href="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo
_pctu2u.png"
      type="image/x-icon"
    />
    <!-- Favicon -->
    <link href="img/favicon.ico" rel="icon">

    <!-- Google Web Fonts -->
    <link rel="preconnect" href="https://fonts.gstatic.com">
    <link
href="https://fonts.googleapis.com/css2?family=Oswald:wght@400;500;600;700&fam
ily=Rubik&display=swap" rel="stylesheet">

    <!-- Icon Font Stylesheet -->
    <link href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/5.15.0/css/all.min.css" rel="stylesheet">
```

```html
    <link href="https://cdn.jsdelivr.net/npm/bootstrap-
icons@1.4.1/font/bootstrap-icons.css" rel="stylesheet">
    <link
href="https://fonts.googleapis.com/css2?family=Oswald:wght@400;500;600;700&fam
ily=Rubik&display=swap" rel="stylesheet">

    <!-- Customized Bootstrap Stylesheet -->
    <link href="css/bootstrap.min.css" rel="stylesheet">

    <!-- Template Stylesheet -->
    <link href="css/style.css" rel="stylesheet">
    <link href="css/workout.css" rel="stylesheet">

</head>
<body>
    <!-- Header Start -->
    <div class="container-fluid bg-dark px-0">
        <div class="row gx-0">
            <div class="col-lg-3 bg-dark d-none d-lg-flex align-items-center
justify-content-center">
                <a href="index" class="navbar-brand w-100 h-100 m-0 p-0 d-flex
align-items-center justify-content-center">
                    <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u
.png" alt="Fit4Life Logo" class="img-fluid logo-img">
                </a>
            </div>
            <div class="col-lg-9">
                <nav class="navbar navbar-expand-lg bg-dark navbar-dark p-3 p-
lg-0 px-lg-5">
                    <a href="index" class="navbar-brand d-block d-lg-none">
                        <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u
.png" alt="Fit4Life Logo" class="img-fluid logo-img">
                    </a>
                    <button type="button" class="navbar-toggler" data-bs-
toggle="collapse" data-bs-target="#navbarCollapse">
                        <span class="navbar-toggler-icon"></span>
                    </button>
                    <div class="collapse navbar-collapse justify-content-
between" id="navbarCollapse">
                        <div class="navbar-nav mr-auto py-0">
                            <a href="index" class="nav-item nav-link">Home</a>
                            <a href="workout" class="nav-item nav-link
active">Workout</a>
                            <a href="dashboard" id="dashboardLink" class="nav-
item nav-link">Dashboard</a>
                            <a href="about" class="nav-item nav-
link">About</a>
```

```html
                                        <a href="contact" class="nav-item nav-
link">Contact</a>
                                </div>
                                <div class="nav-item dropdown">
                                <a href="#" id="loginDropdown" class="btn btn-primary
py-md-3 px-md-5 nav-link dropdown-toggle hidden" data-bs-toggle="dropdown">
                                Login
                                </a>
                                    <div class="dropdown-menu dropdown-menu-end
rounded-0 m-0 hidden" id="dropdownMenu">
                                        <!-- Content will be injected by JavaScript --
>
                                    </div>
                                </div>
                        </div>
                    </nav>
                </div>
            </div>
        </div>
        <!-- Header End -->

        <!-- Main Content Start -->
        <div class="background-wrapper">
        <div class="container mx-8 my-4">
            <h2 class="text-center mb-4">Home Workout</h2>
            <div class="section-selector">
                <button id="beginner-btn" class="active">Beginner</button>
                <button id="intermediate-btn">Intermediate</button>
                <button id="advanced-btn">Advanced</button>
            </div>

            <!--------------------------Beginner Workout Section Start------------
-----------------> 
            <div id="beginner-workout" class="workout-container active">
            <h3 class="text-center mb-4">Beginner</h3>
            <!-- Abs Beginner Section Start -->
             <div class="container my-5">
            <h4>Abs Beginner</h4>

            <div class="video-section">
                <div class="video-container">
                    <video autoplay muted loop>
                        <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726260974/jumping_jac
ks.mp4" type="video/mp4">
                        Your browser does not support the video tag.
                    </video>
                    <div class="video-overlay">Play Video</div>
                </div>
```

```html
            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726260971/russian_twi
st.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726260967/heel_touch.
mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726260962/abdonimal_c
runches.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>
            <div class="read-more">
                <button class="read-more-btn" onclick="readMore('Jumping
Jacks', 'Abs Beginner','Beginner')">Read More</button>
            </div>
        </div>
        </div>
    <!-- Abs Beginner Section End -->

        <!-- Chest Beginner Section Start -->
        <div class="container my-5">
        <h4>Chest Beginner</h4>

        <div class="video-section">
            <div class="video-container">
                <video autoplay muted loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261209/widearm_pus
hups.mp4" type="video/mp4">
                    Your browser does not support the video tag.
```

```html
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261208/triceps_dip
s.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261186/incline_pus
hups.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261212/knee_pushup
s.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>
            <div class="read-more">
                <button class="read-more-btn" onclick="readMore('Jumping
Jacks', 'Chest Beginner','Beginner')">Read More</button>
            </div>
        </div>
    </div>
    <!-- Chest Beginner Section End -->

    <!-- Arm Beginner Section Start -->
    <div class="container my-5">
        <h4>Arm Beginner</h4>

        <div class="video-section">
            <div class="video-container">
                <video autoplay muted loop>
```

```html
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261089/arm_raises.
mp4" type="video/mp4">
                    Your browser does not support the video tag.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261103/push_ups.mp
4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261170/jumping_jac
ksarm.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261096/triceps_str
etch_right.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>
            <div class="read-more">
                <button class="read-more-btn" onclick="readMore('Leg Raises',
'Arm Beginner','Beginner')">Read More</button>
            </div>
        </div>
        </div>
    <!-- Arm Beginner  Section End -->

      <!-- Leg Beginner Section Start -->
    <div class="container my-5">
        <h4>Leg Beginner</h4>
```

```html
        <div class="video-section">
            <div class="video-container">
                <video autoplay muted loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261236/side_hop.mp
4" type="video/mp4">
                    Your browser does not support the video tag.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261224/knee_to_che
st_right.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261209/donkey_kick
s_left.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261206/side_lying.
mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>
            <div class="read-more">
                <button class="read-more-btn" onclick="readMore('Side Hop',
'Leg Beginner','Beginner')">Read More</button>
            </div>
        </div>
        </div>
    <!-- Leg Beginner Section End -->

     <!-- Shoulder & Back Beginner Section Start -->
```

```html
    <div class="container my-5">
        <h4>Shoulder & Back Beginner</h4>

        <div class="video-section">
            <div class="video-container">
                <video autoplay muted loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261235/cat_cow_pos
e.mp4" type="video/mp4">
                    Your browser does not support the video tag.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261232/reclined_rh
omboid_squeezes.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261235/side_lying_
floorstretch.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726261238/rhomboid_pu
lls.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>
            <div class="read-more">
                <button class="read-more-btn" onclick="readMore('Jumping
Jacks', 'Shoulder & Back Beginner','Beginner')">Read More</button>
            </div>
        </div>
        </div>
```

```html
    <!-- Shoulder & Back Beginnet Section Beginner End -->
    </div>
    <!------------------------ Beginner Workout Section End------------
----------------------->


    <!-----------------------Intermediate Workout Section Start--------
--------------------->
    <div id="intermediate-workout" class="workout-container">
    <h3 class="text-center mb-4">Intermediate</h3>
    <!-- Abs Intermediate Section Start -->
    <div class="container my-5">
    <h4>Abs Intermediate</h4>

    <div class="video-section">
    <div class="video-container">
        <video autoplay muted loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300776/bicycle_cru
nches.mp4" type="video/mp4">
            Your browser does not support the video tag.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>

    <div class="video-container">
        <video autoplay muted controls loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300774/pushups_rot
ation.mp4" type="video/mp4">
            Your browser does not support the video.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>

    <div class="video-container">
        <video autoplay muted controls loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300771/v-up.mp4"
type="video/mp4">
            Your browser does not support the video.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>

    <div class="video-container">
        <video autoplay muted controls loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300757/butt_bridge
.mp4" type="video/mp4">
```

```html
                    Your browser does not support the video.
            </video>
            <div class="video-overlay">Play Video</div>
        </div>
        <div class="read-more">
            <button class="read-more-btn" onclick="readMore('Jumping Jacks',
'Abs Intermediate','Intermediate')">Read More</button>
        </div>
        </div>
        </div>
        <!-- Abs Intermediate Section End -->

        <!-- Chest Intermediate Section Start -->
        <div class="container my-5">
        <h4>Chest Intermediate</h4>

    <div class="video-section">
        <div class="video-container">
            <video autoplay muted loop>
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301768/shoulder_st
retch.mp4" type="video/mp4">
                Your browser does not support the video tag.
            </video>
            <div class="video-overlay">Play Video</div>
        </div>

        <div class="video-container">
            <video autoplay muted controls loop>
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301790/staggered_p
ushups.mp4" type="video/mp4">
                Your browser does not support the video.
            </video>
            <div class="video-overlay">Play Video</div>
        </div>

        <div class="video-container">
            <video autoplay muted controls loop>
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301791/decline_pus
hups.mp4" type="video/mp4">
                Your browser does not support the video.
            </video>
            <div class="video-overlay">Play Video</div>
        </div>

        <div class="video-container">
            <video autoplay muted controls loop>
```

```html
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301777/chest_stret
ch.mp4" type="video/mp4">
            Your browser does not support the video.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>
    <div class="read-more">
        <button class="read-more-btn" onclick="readMore('Jumping Jacks',
'Chest Intermediate','Intermediate')">Read More</button>
    </div>
     </div>
    </div>
     <!-- Chest Intermediate Section End -->

     <!-- Arm Intermediate Section Start -->
    <div class="container my-5">
     <h4>Arm Intermediate</h4>

     <div class="video-section">
    <div class="video-container">
        <video autoplay muted loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300897/skipping_wi
thout_rope.mp4" type="video/mp4">
            Your browser does not support the video tag.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>

    <div class="video-container">
        <video autoplay muted controls loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300886/alternating
_hooks.mp4" type="video/mp4">
            Your browser does not support the video.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>

    <div class="video-container">
        <video autoplay muted controls loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300879/military_pu
shups.mp4" type="video/mp4">
            Your browser does not support the video.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>
```

```html
        <div class="video-container">
            <video autoplay muted controls loop>
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300839/burpees.mp4
" type="video/mp4">
                Your browser does not support the video.
            </video>
            <div class="video-overlay">Play Video</div>
        </div>
        <div class="read-more">
            <button class="read-more-btn" onclick="readMore('Arm Circles
Clockwise', 'Arm Intermediate', 'Intermediate')">Read More</button>
        </div>
            </div>
        </div>
            <!-- Arm Intermediate Section End -->

        <!-- Leg Intermediate Section Start -->
    <div class="container my-5">
        <h4>Leg Intermediate</h4>

        <div class="video-section">
            <div class="video-container">
                <video autoplay muted loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300890/side_leg_ci
rcles_right.mp4" type="video/mp4">
                    Your browser does not support the video tag.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300865/sumo_squat.
mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300895/wall_sit.mp
4" type="video/mp4">
                    Your browser does not support the video.
```

```html
            </video>
            <div class="video-overlay">Play Video</div>
        </div>

        <div class="video-container">
            <video autoplay muted controls loop>
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300901/lunges.mp4"
type="video/mp4">
                Your browser does not support the video.
            </video>
            <div class="video-overlay">Play Video</div>
        </div>
        <div class="read-more">
            <button class="read-more-btn" onclick="readMore('Jumping
Jacks', 'Leg Intermediate','Intermediate')">Read More</button>
        </div>
    </div>
    </div>
    <!-- Leg Intermediate Section End -->

    <!-- Shoulder & Back Intermediate Section Start -->
    <div class="container my-5">
        <h4>Shoulder & Back Intermediate</h4>

        <div class="video-section">
            <div class="video-container">
                <video autoplay muted loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300970/triceps_kic
kbacks.mp4" type="video/mp4">
                    Your browser does not support the video tag.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300980/hover_pushu
p.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
```

```html
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300948/hip_hinge.m
p4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300948/swimmer_sup
erman.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>
            <div class="read-more">
                <button class="read-more-btn" onclick="readMore('Jumping
Jacks', 'Shoulder & Back Intermediate','Intermediate')">Read More</button>
            </div>
        </div>
        </div>
    <!-- Shoulder & Back Intermediate Section End -->
        </div>
    <!------------------------- Intermediate Workout Section End-----------
-------------------------->


        <!-------------------------Advanced Workout Section Start------------
----------------->
            <div id="advanced-workout" class="workout-container">
    <h3 class="text-center mb-4">Advanced</h3>
    <!-- Abs Advanced Section Start -->
    <div class="container my-5">
    <h4>Abs Advanced</h4>

    <div class="video-section">
        <div class="video-container">
            <video autoplay muted loop>
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300976/InShot_2024
0914_013422130_fcszzv.mp4" type="video/mp4">
                Your browser does not support the video tag.
            </video>
            <div class="video-overlay">Play Video</div>
        </div>

        <div class="video-container">
            <video autoplay muted controls loop>
```

```html
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300757/butt_bridge
.mp4" type="video/mp4">
                Your browser does not support the video.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>

    <div class="video-container">
        <video autoplay muted controls loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300776/bicycle_cru
nches.mp4" type="video/mp4">
                Your browser does not support the video.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>

    <div class="video-container">
        <video autoplay muted controls loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726260962/abdonimal_c
runches.mp4" type="video/mp4">
                Your browser does not support the video.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>
    <div class="read-more">
        <button class="read-more-btn" onclick="readMore('Jumping Jacks',
'Abs Advanced', 'Advanced')">Read More</button>
    </div>
     </div>
     </div>
        <!-- Abs Advanced End -->

        <!-- Chest Advanced Section Start -->
    <div class="container my-5">
     <h4>Chest Advanced</h4>

    <div class="video-section">
    <div class="video-container">
        <video autoplay muted loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301116/spiderman_p
ushups.mp4" type="video/mp4">
                Your browser does not support the video tag.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>
```

```html
        <div class="video-container">
            <video autoplay muted controls loop>
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301111/diamond_pus
hups.mp4" type="video/mp4">
                Your browser does not support the video.
            </video>
            <div class="video-overlay">Play Video</div>
        </div>

        <div class="video-container">
            <video autoplay muted controls loop>
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301079/box_pushup.
mp4" type="video/mp4">
                Your browser does not support the video.
            </video>
            <div class="video-overlay">Play Video</div>
        </div>

        <div class="video-container">
            <video autoplay muted controls loop>
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301079/arm_circles
.mp4" type="video/mp4">
                Your browser does not support the video.
            </video>
            <div class="video-overlay">Play Video</div>
        </div>
        <div class="read-more">
            <button class="read-more-btn" onclick="readMore('Jumping Jacks',
'Chest Advanced','Advanced')">Read More</button>
        </div>
        </div>
                </div>
        <!-- Chest Advanced End -->

        <!-- Arm Advanced Section Start -->
        <div class="container my-5">
          <h4>Arm Advanced</h4>

          <div class="video-section">
        <div class="video-container">
            <video autoplay muted loop>
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301154/shoulder_ga
tors.mp4" type="video/mp4">
                Your browser does not support the video tag.
```

```html
        </video>
        <div class="video-overlay">Play Video</div>
    </div>

    <div class="video-container">
        <video autoplay muted controls loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301144/arm_curls_c
runch_left.mp4" type="video/mp4">
            Your browser does not support the video.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>

    <div class="video-container">
        <video autoplay muted controls loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301146/modified_pu
shup_low_hold.mp4" type="video/mp4">
            Your browser does not support the video.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>

    <div class="video-container">
        <video autoplay muted controls loop>
            <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301185/doorway_cur
ls_left.mp4" type="video/mp4">
            Your browser does not support the video.
        </video>
        <div class="video-overlay">Play Video</div>
    </div>
    <div class="read-more">
        <button class="read-more-btn" onclick="readMore('Arm Circles
Clockwise', 'Arm Advanced','Advanced')">Read More</button>
    </div>
        </div>
     </div>
    <!-- Arm Advanced End -->

     <!-- Leg Advanced Section Start -->
  <div class="container my-5">
      <h4>Leg Advanced</h4>

      <div class="video-section">
          <div class="video-container">
              <video autoplay muted loop>
```

```html
                <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301228/jumping_squ
ats.mp4" type="video/mp4">
                    Your browser does not support the video tag.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301180/bottom_leg_
leftlift.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301199/lying_butte
rfly_stretch.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301237/curty_lunge
s.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>
            <div class="read-more">
                <button class="read-more-btn" onclick="readMore('Burpees',
'Leg Advanced','Advanced')">Read More</button>
            </div>
        </div>
        </div>
    <!-- Leg Advanced Section End -->

    <!-- Shoulder & Back Advanced Section Start -->
    <div class="container my-5">
        <h4>Shoulder & Back Advanced</h4>
```

```html
        <div class="video-section">
            <div class="video-container">
                <video autoplay muted loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301112/pike_pushup
s.mp4" type="video/mp4">
                    Your browser does not support the video tag.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301112/supine_push
up.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726301072/reverse-
pushups.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>

            <div class="video-container">
                <video autoplay muted controls loop>
                    <source
src="https://res.cloudinary.com/deup6t83x/video/upload/v1726300983/hyper_exten
sion.mp4" type="video/mp4">
                    Your browser does not support the video.
                </video>
                <div class="video-overlay">Play Video</div>
            </div>
            <div class="read-more">
                <button class="read-more-btn" onclick="readMore('Jumping
Jacks', 'Shoulder & Back Advanced','Advanced')">Read More</button>
            </div>
        </div>
        </div>
    <!-- Shoulder & Back Advanced Section End -->
        </div>
```

```html
    <!------------------------ Advanced Workout Section End---------------
-------------------->
    </div>
    </div>
        </div>
        <!-- Main Content End -->
      <!-- Footer Start -->
        <footer class="footer">
        <div class="footer-container">
            <div class="footer-section">
                <h4>Get In Touch</h4>
                <div class="d-flex mb-2">
                    <i class="bi bi-geo-alt text-primary me-2"></i>
                    <p>NSTI(w) Noida UP</p>
                </div>
                <div class="d-flex mb-2">
                    <i class="bi bi-envelope-open text-primary me-2"></i>
                    <p>fit4life201301@gmail.com</p>
                </div>
                <div class="d-flex mb-2">
                    <i class="bi bi-telephone text-primary me-2"></i>
                    <p>+91 841-8081-396</p>
                </div>

            </div>
            <div class="footer-section">
                <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u
.png" alt="logo" class="img-fluid logo-img rotate-image">
                <p class="text-secondary mb-2">Discover Your Potential,<br>
Transform Your Life with Us.</p>
            </div>

            <div class="footer-section">
                <h4 class="footerlinks">Quick Links</h4>
                <div class="d-flex flex-column justify-content-start">
                    <a class="text-secondary mb-2" href="index"><i class="bi
bi-arrow-right text-primary me-2"></i>Home</a>
                    <a class="text-secondary mb-2" href="about"><i class="bi
bi-arrow-right text-primary me-2"></i>About Us</a>
                    <a class="text-secondary mb-2" href="workout"><i class="bi
bi-arrow-right text-primary me-2"></i>WorkOut</a>
                    <a class="text-secondary" href="contact"><i class="bi bi-
arrow-right text-primary me-2"></i>Contact Us</a>
                </div>
            </div>
        </div>
        <div class="container-fluid py-4 py-lg-0 px-5" style="background:
#111111;">
```

```html
        <div class="row gx-5">
            <div class="col-lg-8">
                <div class="py-lg-4 text-center">
                    <p class="text-secondary mb-0">&copy; <a class="text-light
fw-bold" href="#">Fit4Life</a>. All Rights Reserved.</p>
                </div>
            </div>
            <div class="col-lg-4">
                <div class="py-lg-4 text-center credit">
                    <p class="text-light mb-0">Designed by <a class="text-
light fw-bold">Health Heros</a></p>
                </div>
            </div>
        </div>
         </div>
         </footer>
        <!-- Footer End -->
     <!-- Login Prompt Modal -->
<div id="loginPromptModal" class="modal">
    <div class="modal-content">
        <span class="close">&times;</span>
        <p>Please log in to access the videos.</p>
        <button id="loginNowBtn" class="btn btn-primary">Login Now</button>
    </div>
</div>

<!-- Back to Top -->
<a href="#" class="btn btn-dark py-3 fs-4 back-to-top"><i class="bi bi-arrow-
up"></i></a>
    <!-- JavaScript Libraries -->
    <script src="https://code.jquery.com/jquery-3.4.1.min.js"></script>
    <script
src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.0/dist/js/bootstrap.bundle.min
.js"></script>

    <!-- Template Javascript -->
    <script src="js/main.js"></script>

    <script>
    document.getElementById('beginner-btn').addEventListener('click',
function() {
        setActiveSection('beginner');
    });
    document.getElementById('intermediate-btn').addEventListener('click',
function() {
        setActiveSection('intermediate');
    });
    document.getElementById('advanced-btn').addEventListener('click',
function() {
```

```javascript
        setActiveSection('advanced');
    });

    function setActiveSection(level) {
        document.querySelectorAll('.section-selector
button').forEach(function(btn) {
            btn.classList.remove('active');
        });
        document.querySelectorAll('.workout-
container').forEach(function(container) {
            container.classList.remove('active');
        });
        document.getElementById(level + '-btn').classList.add('active');
        document.getElementById(level + '-workout').classList.add('active');
    }

    document.addEventListener('DOMContentLoaded', function () {
        // Check login status when the page loads and update the UI
accordingly
        fetch('/api/getSessionAttributes', {
            method: 'GET',
            headers: {
                'Content-Type': 'application/json',
            },
        })
        .then(response => response.json())
        .then(data => {
            const { isLoggedIn, fname } = data;
            const loginButton = document.getElementById('loginDropdown');
            const dropdownMenu = document.getElementById('dropdownMenu');
            const dashboardLink = document.getElementById('dashboardLink'); //
Select the Dashboard link

            if (isLoggedIn && fname) {
                // Replace login button text with the user's first name
                loginButton.textContent = fname;
                loginButton.classList.remove('btn-secondary');
                loginButton.classList.add('btn-primary');
                // Update the dropdown to show the logout option
                dropdownMenu.innerHTML = `
                    <a href="/logout" class="dropdown-item"
id="logout">Logout</a>
                    `;
                // Show the Dashboard link if the user is logged in
                dashboardLink.style.display = 'block';
            } else {
                // If not logged in, show login options and hide the dashboard
link
                loginButton.textContent = 'Login';
```

```
            dropdownMenu.innerHTML = `
                <a href="/login" class="dropdown-item">User Login</a>
                <a href="/admin_login" class="dropdown-item">Admin
Login</a>
            `;
            dashboardLink.style.display = 'none';
        }

        // Remove the hidden class to display the updated button and
dropdown
        loginButton.classList.remove('hidden');
        dropdownMenu.classList.remove('hidden');
    })
    .catch(error => {
        console.error('Error:', error);
    });
});

// Read more button logic
function readMore(title, type, category) {
    console.log('readMore function called');
    // Fetch login status from server-side session
    fetch('/api/getSessionAttributes', {
        method: 'GET',
        headers: {
            'Content-Type': 'application/json',
        },
    })
    .then(response => response.json())
    .then(data => {
        const isLoggedIn = data.isLoggedIn;

        if (isLoggedIn) {
            // If user is logged in, redirect to the video page
            window.location.href =
`video?title=${encodeURIComponent(title)}&type=${encodeURIComponent(type)}&cat
egory=${encodeURIComponent(category)}`;
        } else {
            // If not logged in, show login modal
            document.getElementById('loginPromptModal').style.display =
'block';

            // Store video details in login button attributes for
redirection after login
            const loginNowBtn = document.getElementById('loginNowBtn');
            loginNowBtn.setAttribute('data-title', title);
            loginNowBtn.setAttribute('data-type', type);
            loginNowBtn.setAttribute('data-category', category);
        }
```

```
        })
        .catch(error => {
            console.error('Error fetching login status:', error);
        });
    }

    // Handle the login button click inside the modal
    document.getElementById('loginNowBtn').addEventListener('click', function
() {
        const title = encodeURIComponent(this.getAttribute('data-title'));
        const type = encodeURIComponent(this.getAttribute('data-type'));
        const category = encodeURIComponent(this.getAttribute('data-
category'));

        // After clicking 'Login Now', redirect to login page with a return
URL to the video
        const redirectUrl =
`video?title=${title}&type=${type}&category=${category}`;
        console.log('Redirect URL:', redirectUrl);

        // Redirect to the login page with the video URL as the return URL
        window.location.href =
`login?redirect=${encodeURIComponent(redirectUrl)}`;
    });

    // Close the modal when clicking the close button
    document.querySelector('.modal .close').addEventListener('click', function
() {
        document.getElementById('loginPromptModal').style.display = 'none';
    });

</script>
</body>
</html>
```

workout.css:

```
/* Section Selector */
.section-selector {
    display: flex;
    justify-content: center;
    margin-bottom: 2rem;
}

.section-selector button {
    margin: 0 10px;
    padding: 10px 20px;
    border: none;
    background-color: #f0f0f0;
    cursor: pointer;
    font-size: 1rem; /* Adjust font size if needed */
```

```css
    border-radius: 5px; /* Optional: Add rounded corners */
    transition: background-color 0.3s, color 0.3s; /* Smooth transition for hover
effect */
}

.section-selector button.active {
    background-color: #ff7300;
    color: #fff;
}

/* Workout Container */
#beginner-workout {
    position: relative;
    padding: 20px;
    background-color: #f9f9f9;
}
#intermediate-workout {
    position: relative;
    padding: 20px;
    background-color: #f9f9f9;
}
#advanced-workout {
    position: relative;
    padding: 20px;
    background-color: #f9f9f9;
}
.workout-container {
    display: none;
}

.workout-container.active {
    display: block;
}
/* Styling for h3 with background */
.workout-container  h3 {
    font-size: 1.5rem;
    font-weight: bold;
    color: #fff; /* White text color */
    background-color: #ff7300; /* Background color */
    padding: 10px; /* Padding around text */
    border-radius: 5px; /* Rounded corners */
    margin-bottom: 1rem;
    text-align: center;
    transition: background-color 0.3s, color 0.3s; /* Smooth transitions */
}

/* Styling for h4 with border */
.workout-container  h4 {
    font-size: 1.25rem;
    font-weight: normal;
    color: #333;
    border-bottom: 2px solid #ff7300; /* Bottom border */
    padding-bottom: 5px; /* Padding below text */
    margin-bottom: 0.5rem;
    text-align: center;
    transition: border-color 0.3s, color 0.3s; /* Smooth transitions */
}

/* Hover effects */
.workout-container h3:hover {
```

```css
    background-color: #ff5722; /* Change background color on hover */
    color: #fff; /* Ensure text remains readable */
}

.workout-container h4:hover {
    border-color: #ff5722; /* Change border color on hover */
    color: #ff5722; /* Change text color on hover */
}

/* Video Section */
.video-section {
    overflow-x: auto;
    white-space: nowrap;
    margin-bottom: 1rem;
    position: relative;
}

/* Video Container */
.video-section .video-container {
    display: inline-block;
    width: 300px;
    padding: 20px;
    position: relative;
    transition: transform 0.3s; /* Smooth transition for moving up */
}

/* Video Element */
.video-container video {
    width: 100%;
    display: block; /* Ensure video takes up full container width */
    transition: transform 0.3s; /* Smooth transition for scaling */
}

/* Video Overlay */
.video-container .video-overlay {
    position: absolute;
    top: 0;
    left: 0;
    width: 100%;
    height: 100%;
    background: rgba(0, 0, 0, 0.5);
    color: transparent; /* Hide text */
    display: flex;
    justify-content: center;
    align-items: center;
    opacity: 0;
    transition: opacity 0.3s;
    cursor: pointer;
}

.video-container:hover .video-overlay {
    opacity: 1;
}

.video-container:hover {
    transform: translateY(-10px); /* Move the container up on hover */
}

.video-container:hover video {
    transform: scale(1.05); /* Optionally scale the video */
```

```css
}

/* Read More Section */
.read-more {
    margin-top: 1rem; /* Adjust as needed */
    text-align: center;
}

.read-more button {
    background-color: #ff7300;
    color: #fff;
    border: none;
    padding: 10px 20px;
    cursor: pointer;
    border-radius: 5px; /* Optional: Add rounded corners */
}

.read-more button:hover {
    background-color: #e65c00; /* Slightly darker orange on hover */
}
#loginPromptModal {
    position: fixed;
    top: 0;
    left: 0;
    width: 100%;
    height: 100%;
    background-color: rgba(0,0,0,0.5); /* Semi-transparent background */
    display: none; /* Hidden by default */
    justify-content: center;
    align-items: center;
}

.modal-content {
    background-color: #fff;
    padding: 20px;
    border-radius: 5px;
    position: relative;
}

.close {
    position: absolute;
    top: 10px;
    right: 10px;
    cursor: pointer;
}

/*----------------Video CSS--------------*/

.container-fluid.d-flex {
    display: flex;
    min-height: calc(100vh - 150px); /* Adjust based on footer height */
    flex-direction: row;
    }
    .main-content {
        flex: 1;
        padding: 10px;
        margin-left: 20px;
        display: flex;
        flex-direction: column;
    }
```

```css
    /* General tab content styling */
.tab-content {
    position:relative;
    display: none;
    justify-content: center;
    align-items: center;
    height: 400px;
    text-align: center;
    background-color: black;
    border-radius: 10px;
    padding: 10px;
    margin-bottom: 50px;
}

.tab-content video, .tab-content iframe {
    max-width: 100%;
    max-height: 100%;
}

.tab-content.active {
    display: block;
}

/* Tabs container styling */
.tabs {
    display: flex;
    flex-direction: row; /* Align tabs horizontally */
    justify-content: center; /* Center the tabs horizontally */
    margin-bottom: 1rem;
}

/* Individual tab button styling */
.tabs button {
    padding: 10px 20px;
    border: none;
    background-color: #f0f0f0;
    cursor: pointer;
    margin: 0 5px; /* Add horizontal margin between buttons */
    text-align: center;
}

.tabs button.active {
    background-color: #ff7300;
    color: #fff;
}

/* Instructions section styling */
.instructions {
    margin-top: 10px;
    background-color: #f8f9fa;
    padding: 10px;
    border-radius: 5px;
}
#workout-heading {
    font-size: 20px;
    font-weight: bold;
    color:#ff7300;
    margin-bottom: 20px;
    text-transform: capitalize;
}
```

```css
#workout-heading::before {
    font-style: italic;
    color:#ff7300;
}

/* General Sidebar Styles */
.sidebar {
    width: 260px;
    background-color: #f4f4f9; /* Lighter background for a clean look */
    padding: 10px;
    box-shadow: 2px 0 5px rgba(0, 0, 0, 0.1);
    overflow-y: auto;
    max-height: calc(100vh - 150px); /* Fixed height with scrolling */
    position: sticky;
    top: 0;
    height: 100%;
}

/* Styling for the list of videos */
.sidebar ul {
    list-style: none;
    padding: 0;
    margin: 0;
}

/* Styling for each list item in the sidebar */
.sidebar ul li {
    margin-bottom: 10px; /* Space between items */
}

/* Styling for the link/button */
.sidebar ul li a {
    text-decoration: none;
    color: #333;
    display: block;
    padding: 12px;
    border-radius: 5px;
    background-color: #e0e0e0; /* Light gray background for non-active state */
    transition: background-color 0.3s ease, color 0.3s ease;
    font-size: 16px;
    font-weight: 500;
}

/* Hover effect for video buttons */
.sidebar ul li a:hover {
    background-color: #ff7300; /* Orange background on hover */
    color: white;
}

/* Active button style */
.sidebar ul li a.active {
    background-color: #ff7300; /* Active state background color */
    color: #fff; /* White text for active item */
}

/* Styling for the workout heading */
#workout-heading {
    margin-bottom: 20px;
    color: #333;
```

```css
    font-size: 22px;
    font-weight: bold;
    display: flex;
    align-items: center;
}

/* Back button with icon styling */
.back-btn {
    display: inline-block;
    background-color: #f8f9fa;
    border: none;
    padding: 10px;
    border-radius: 50%;
    box-shadow: 0 4px 8px rgba(0, 0, 0, 0.1);
    cursor: pointer;
    transition: all 0.3s ease;
    margin-right: 10px;
}

.back-btn i {
    font-size: 20px;
    color: #ff7300;
}

.back-btn:hover {
    transform: scale(1.1);
    box-shadow: 0 6px 12px rgba(0, 0, 0, 0.2);
}

#how-to-do-video {
    width: 100%;
    height: 400px;
}
.instructions {
    margin-top: 10px;
    background-color: #f8f9fa;
    padding: 10px;
    border-radius: 5px;
    width: 100%; /* Ensure full width */
}

.instructions-container {
    display: grid;
    grid-template-columns: repeat(2, 1fr); /* Two equal columns */
    gap: 20px; /* Space between columns */
}

.column {
    background-color: #fff; /* White background for columns */
    border-radius: 8px; /* Rounded corners */
    padding: 15px;
    box-shadow: 0 2px 4px rgba(0, 0, 0, 0.1); /* Subtle shadow */
}

.column h3 {
    margin-top: 0;
    margin-bottom: 10px;
    font-size: 1.2em; /* Slightly larger font size for headings */
}
```

```css
.column p {
    margin-top: 0;
    line-height: 1.6; /* Improve readability */
    color: #333; /* Dark text color for better contrast */
}

.modal {
    display: none;
    position: fixed;
    z-index: 1;
    left: 0;
    top: 0;
    width: 100%;
    height: 100%;
    overflow: auto;
    background-color: rgba(0, 0, 0, 0.4);
}

.modal-content {
    background-color: #fefefe;
    margin: 15% auto;
    padding: 20px;
    border: 1px solid #888;
    width: 80%;
    max-width: 400px;
}

.close {
    color: #aaa;
    float: right;
    font-size: 28px;
    font-weight: bold;
}

.close:hover,
.close:focus {
    color: black;
    text-decoration: none;
    cursor: pointer;
}
#animation-tab #start-button,
#animation-tab #timer-container {
    display: block;
}

#muscles-tab #start-button,
#muscles-tab #timer-container,
#how-to-do-tab #start-button,
#how-to-do-tab #timer-container {
    display: none;
}
/* Ensure full width for timer and instructions */
#timer-container {
    width: 100%;
    display: flex;
    align-items: center;
    justify-content: center;
    margin: 10px 0;
}
```

```css
#timer {
    font-size: 20px;
    color: #333;
    margin-right: 20px;
    width: 80px;
    height: 42px;
    border: 5px solid #ff7300;
    display: flex;
    align-items: center;
    justify-content: center;
    background-color: #fff;
}

button.start {
    width: 150px;
    padding: 10px;
    background-color:#ff7300;
    color: white;
    border: none;
    border-radius: 5px;
    cursor: pointer;
    font-size: 16px;
    transition: background-color 0.3s;
}

button.start:hover {
    background-color:#e65c00;
}

/* Scrollbar customization (optional) */
.sidebar::-webkit-scrollbar {
    width: 8px;
}

.sidebar::-webkit-scrollbar-thumb {
    background-color: #ff7300;
    border-radius: 5px;
}

.sidebar::-webkit-scrollbar-track {
    background-color: #f0f0f0;
}
```

about.html

```html
<!DOCTYPE html>
<html>

<head>
    <title>Fit4Life</title>
    <link
      rel="icon"

href="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png"
      type="image/x-icon"
    />

    <!-- Google Fonts -->
```

```html
    <link rel="preconnect" href="https://fonts.gstatic.com">
    <link
href="https://fonts.googleapis.com/css2?family=Oswald:wght@400;500;600;700&family=
Rubik&display=swap" rel="stylesheet">

    <!-- Icon Font link -->
    <link href="https://cdnjs.cloudflare.com/ajax/libs/font-
awesome/5.15.0/css/all.min.css" rel="stylesheet">
    <link href="https://cdn.jsdelivr.net/npm/bootstrap-
icons@1.4.1/font/bootstrap-icons.css" rel="stylesheet">


    <!-- Bootstrap link  -->
    <link href="css/bootstrap.min.css" rel="stylesheet">


    <!--  css Stylesheet -->
    <link href="css/style.css" rel="stylesheet">
 </head>


<body>
    <!-- Header Start -->

    <div class="container-fluid bg-dark px-0">
        <div class="row gx-0">
            <div class="col-lg-3 bg-dark d-none d-lg-flex align-items-center
justify-content-center">
                <a href="index" class="navbar-brand w-100 h-100 m-0 p-0 d-flex
align-items-center justify-content-center">
                    <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png
" alt="Fit4Life Logo" class="img-fluid logo-img">
                </a>
            </div>
            <div class="col-lg-9">
                <nav class="navbar navbar-expand-lg bg-dark navbar-dark p-3 p-lg-0
px-lg-5">
                    <a href="index" class="navbar-brand d-block d-lg-
none">
                        <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png
" alt="Fit4Life Logo" class="img-fluid logo-img">
                    </a>
                    <button type="button" class="navbar-toggler" data-bs-
toggle="collapse" data-bs-target="#navbarCollapse">
                        <span class="navbar-toggler-icon"></span>
                    </button>
                    <div class="collapse navbar-collapse justify-content-
between" id="navbarCollapse">
                        <div class="navbar-nav mr-auto py-0">
                            <a href="index" class="nav-item nav-
link">Home</a>
                            <a href="workout" class="nav-item nav-
link">Workout</a>
                            <a href="dashboard" id="dashboardLink"
class="nav-item nav-link">Dashboard</a>
                            <a href="about" class="nav-item nav-link
active">About</a>
```

```html
                                             <a href="contact" class="nav-item nav-
link">Contact</a>
                                        </div>
                                        <div class="nav-item dropdown">
                                             <a href="#" id="LoginDropdown" class="btn btn-
primary py-md-3 px-md-5 nav-link dropdown-toggle hidden" data-bs-
toggle="dropdown">
                                                 Login
                                             </a>
                                             <div class="dropdown-menu dropdown-menu-end
rounded-0 m-0 hidden" id="dropdownMenu">
                                                 <!-- Content will be injected by
JavaScript -->
                                             </div>
                                        </div>
                                    </div>
                                </nav>
                        </div>
                    </div>
                </div>

    <!-- Header End -->


    <!-- Hero Start -->
    <div class="container-fluid bg-primary p-5 bg-hero mb-5">
        <div class="row py-5">
            <div class="col-12 text-center">
                <h1 class="display-2 text-uppercase text-white mb-md-4">About
Us</h1>
            </div>
        </div>
    </div>
    <!-- Hero End -->


    <!-- About Start -->
    <div class="container-fluid p-5">
        <div class="row gx-5">
            <div class="col-lg-5 mb-5 mb-lg-0" style="min-height: 500px;">
                <div class="position-relative h-100">
                    <img class="position-absolute w-100 h-100 rounded"
src="https://res.cloudinary.com/deup6t83x/image/upload/v1726308130/about_image.jpg
" style="object-fit: cover;">
                </div>
            </div>
            <div class="col-lg-7">
                <div class="mb-4">
                    <h1 class="display-3 text-uppercase mb-0">Welcome to
Fit4Life</h1>
                </div>
                <h4 class="text-body mb-4">Fitness isn't about being better than
someone else. It's about being better than you used to be</h4>
                <p class="mb-4">Welcome to Fit4Life, your ultimate destination for
all things fitness! We are dedicated to helping you achieve your health and
wellness goals, no matter your fitness level.</p>
                <div class="rounded bg-dark p-5">
                    <ul class="nav nav-pills justify-content-between mb-3">
                        <li class="nav-item w-50">
```

```html
                                    <a class="nav-link text-uppercase text-center w-100
active" data-bs-toggle="pill" href="#pills-1">About Us</a>
                            </li>
                            <li class="nav-item w-50">
                                    <a class="nav-link text-uppercase text-center w-
100" data-bs-toggle="pill" href="#pills-2">Why Choose Us</a>
                            </li>
                        </ul>
                        <div class="tab-content">
                            <div class="tab-pane fade show active" id="pills-1">
                                    <p class="text-secondary mb-0">At Fit4Life, we
simplify your fitness journey with expertly designed workout plans for every
level—beginner, intermediate, and advanced. Our platform offers a range of
exercises tailored to your needs, all easily trackable through your personalized
dashboard. Enjoy the flexibility to follow your plan at your own pace, and monitor
your progress as you work towards your fitness goals.</p>
                            </div>
                            <div class="tab-pane fade" id="pills-2">
                                    <p class="text-secondary mb-0">Our mission is to
provide you with the guidance, and support needed to achieve your personal health
and wellness objectives. Whether you're just starting out or are a seasoned
athlete, our comprehensive resources and personalized plans are designed to help
you reach new heights.</p>
                            </div>
                        </div>
                    </div>
                </div>
            </div>
    </div>
    <!-- About End -->


    <!-- Programe Start -->
    <div class="container-fluid programe position-relative px-5 mt-5"
style="margin-bottom: 180px;">
        <div class="row g-5 gb-5">
            <div class="col-lg-4 col-md-6">
                <div class=" rounded text-center p-5">
                </div>
            </div>

            <div class="col-lg-12 col-md-6 text-center">
                <h1 class="text-uppercase text-light mb-4">Meet our Amazing tech
team </h1>
                <a href="team" class="btn btn-primary py-3 px-5">Click here to
meet</a>
            </div>
        </div>
    </div>
    <!-- Programe Start -->

    <!-- Footer Start -->
    <footer class="footer">
        <div class="footer-container">
            <div class="footer-section">
                <h4>Get In Touch</h4>
                <div class="d-flex mb-2">
                    <i class="bi bi-geo-alt text-primary me-2"></i>
                    <p>NSTI(w) Noida UP</p>
                </div>
```

```html
                <div class="d-flex mb-2">
                    <i class="bi bi-envelope-open text-primary me-2"></i>
                    <p>fit4life201301@gmail.com</p>
                </div>
                <div class="d-flex mb-2">
                    <i class="bi bi-telephone text-primary me-2"></i>
                    <p>+91 841-8081-396</p>
                </div>

            </div>
            <div class="footer-section">
                <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png
" alt="logo" class="img-fluid logo-img rotate-image">
                <p class="text-secondary mb-2">Discover Your Potential,<br>
Transform Your Life with Us.</p>
            </div>

            <div class="footer-section">
                <h4 class="footerlinks">Quick Links</h4>
                <div class="d-flex flex-column justify-content-start">
                    <a class="text-secondary mb-2" href="index"><i class="bi bi-
arrow-right text-primary me-2"></i>Home</a>
                    <a class="text-secondary mb-2" href="about"><i class="bi bi-
arrow-right text-primary me-2"></i>About Us</a>
                    <a class="text-secondary mb-2" href="workout"><i class="bi bi-
arrow-right text-primary me-2"></i>WorkOut</a>
                    <a class="text-secondary" href="contact"><i class="bi bi-
arrow-right text-primary me-2"></i>Contact Us</a>
                </div>
            </div>
        </div>
    <div class="container-fluid py-4 py-lg-0 px-5" style="background: #111111;">
        <div class="row gx-5">
            <div class="col-lg-8">
                <div class="py-lg-4 text-center">
                    <p class="text-secondary mb-0">&copy; <a class="text-light fw-
bold" href="#">Fit4Life</a>. All Rights Reserved.</p>
                </div>
            </div>
            <div class="col-lg-4">
                <div class="py-lg-4 text-center credit">
                    <p class="text-light mb-0">Designed by <a class="text-light
fw-bold">Health Heros</a></p>
                </div>
            </div>
        </div>
    </div>
    </div>
    </footer>
    <!-- Footer End -->


    <!-- Back to Top -->
    <a href="#" class="btn btn-dark py-3 fs-4 back-to-top"><i class="bi bi-arrow-
up"></i></a>


    <!-- JavaScript Libraries -->
    <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js"></script>
```

```html
    <script
src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.9.2/dist/umd/popper.min.js"></script>
    <script
src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js"></script>
    <script src="https://code.jquery.com/jquery-3.4.1.min.js"></script>
    <script
src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.0/dist/js/bootstrap.bundle.min.js"></script>

    <!-- Template Javascript -->
    <script src="js/main.js"></script>
    <script>
// Fetch Username From Database
    document.addEventListener('DOMContentLoaded', function () {
      fetch('/api/getSessionAttributes', {
        method: 'GET',
        headers: {
          'Content-Type': 'application/json'
        }
      })
      .then(response => response.json())
      .then(data => {
        const { isLoggedIn, fname } = data;
        const loginButton = document.getElementById('loginDropdown');
        const dropdownMenu = document.getElementById('dropdownMenu');
        const dashboardLink = document.getElementById('dashboardLink'); // Select
the Dashboard link

        if (isLoggedIn && fname) {
          // Replace login button text with first name
          loginButton.textContent = fname;
          loginButton.classList.remove('btn-secondary');
          loginButton.classList.add('btn-primary');

          // Update dropdown to show the logout option
          dropdownMenu.innerHTML = `
            <a href="/logout" class="dropdown-item" id="logout">Logout</a>
          `;

          // Show the Dashboard link if user is logged in
          dashboardLink.style.display = 'block';

        } else {
          // Show login options if not logged in
          loginButton.textContent = 'Login';
          dropdownMenu.innerHTML = `
            <a href="/login" class="dropdown-item">User Login</a>
            <a href="/admin_login" class="dropdown-item">Admin Login</a>
          `;

          // Hide the Dashboard link if user is not logged in
          dashboardLink.style.display = 'none';
        }

        // Remove the hidden class to display the updated button and dropdown
        loginButton.classList.remove('hidden');
        dropdownMenu.classList.remove('hidden');
      })
```

```
            .catch(error => {
                console.error('Error:', error);
            });
        });
    </script>

</body>

</html>
```

contact.html

```html
<!DOCTYPE html>
<html>

<head>
    <meta charset="utf-8">
    <title>Fit4Life</title>
    <link
      rel="icon"

href="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png"
      type="image/x-icon"
    />
        <!-- Google Fonts -->
    <link rel="preconnect" href="https://fonts.gstatic.com">
    <link
href="https://fonts.googleapis.com/css2?family=Oswald:wght@400;500;600;700&family=Rubik&display=swap" rel="stylesheet">

        <!-- Icon Font link -->
    <link href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/5.15.0/css/all.min.css" rel="stylesheet">
    <link href="https://cdn.jsdelivr.net/npm/bootstrap-icons@1.4.1/font/bootstrap-icons.css" rel="stylesheet">


        <!-- Bootstrap link   -->
    <link href="css/bootstrap.min.css" rel="stylesheet">


        <!--  css Stylesheet -->
    <link href="css/style.css" rel="stylesheet">
</head>


<body>
    <!-- Header Start -->

    <div class="container-fluid bg-dark px-0">
        <div class="row gx-0">
            <div class="col-lg-3 bg-dark d-none d-lg-flex align-items-center justify-content-center">
                <a href="index.html" class="navbar-brand w-100 h-100 m-0 p-0 d-flex align-items-center justify-content-center">
                    <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png" alt="Fit4Life Logo" class="img-fluid logo-img">
```

```html
                </a>
            </div>
            <div class="col-lg-9">
                <nav class="navbar navbar-expand-lg bg-dark navbar-dark p-3 p-lg-0 px-lg-5">
                    <a href="index" class="navbar-brand d-block d-lg-none">
                        <img src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png" alt="Fit4Life Logo" class="img-fluid logo-img">
                    </a>
                    <button type="button" class="navbar-toggler" data-bs-toggle="collapse" data-bs-target="#navbarCollapse">
                        <span class="navbar-toggler-icon"></span>
                    </button>
                    <div class="collapse navbar-collapse justify-content-between" id="navbarCollapse">
                        <div class="navbar-nav mr-auto py-0">
                            <a href="index" class="nav-item nav-link">Home</a>
                            <a href="workout" class="nav-item nav-link">Workout</a>
                            <a href="dashboard" id="dashboardLink" class="nav-item nav-link">Dashboard</a>
                            <a href="about" class="nav-item nav-link">About</a>
                            <a href="contact" class="nav-item nav-link active">Contact</a>
                        </div>
                        <div class="nav-item dropdown">
                            <a href="#" id="LoginDropdown" class="btn btn-primary py-md-3 px-md-5 nav-link dropdown-toggle hidden" data-bs-toggle="dropdown">
                                Login
                            </a>
                            <div class="dropdown-menu dropdown-menu-end rounded-0 m-0 hidden" id="dropdownMenu">
                                <!-- Content will be injected by JavaScript -->
                            </div>
                        </div>
                    </div>
                </nav>
            </div>
        </div>
    </div>
    <!-- Header End -->

    <!-- Hero Start -->
    <div class="container-fluid bg-primary p-5 bg-hero mb-5">
        <div class="row py-5">
            <div class="col-12 text-center">
                <h1 class="display-2 text-uppercase text-white mb-md-4">Contact</h1>
            </div>
        </div>
    </div>
    <!-- Hero End -->
```

```html
    <!-- Contact Start -->
    <div class="container-fluid p-5">
        <div class="mb-5 text-center">
            <h5 class="text-primary text-uppercase">Contact Us</h5>
            <h1 class="display-3 text-uppercase mb-0">Get In Touch</h1>
        </div>
        <div class="row g-5 mb-5">
            <div class="col-lg-4">
                <div class="d-flex flex-column align-items-center bg-dark rounded
text-center py-5 px--3">
                    <div class="bg-primary rounded-circle d-flex align-items-
center justify-content-center mb-3" style="width: 60px; height: 60px;">
                        <i class="fa fa-map-marker-alt fs-4 text-white"></i>
                    </div>
                    <h5 class="text-uppercase text-primary">Visit Us</h5>
                    <p class="text-secondary mb-0">Sector-1 Block-D NSTI(W) Noida
UP</p>
                </div>
            </div>
            <div class="col-lg-4">
                <div class="d-flex flex-column align-items-center bg-dark rounded
text-center py-5 px--3">
                    <div class="bg-primary rounded-circle d-flex align-items-
center justify-content-center mb-3" style="width: 60px; height: 60px;">
                        <i class="fa fa-envelope fs-4 text-white"></i>
                    </div>
                    <h5 class="text-uppercase text-primary">Email Us</h5>
                    <p class="text-secondary mb-0">fit4life201301@gmail.com</p>
                </div>
            </div>
            <div class="col-lg-4">
                <div class="d-flex flex-column align-items-center bg-dark rounded
text-center py-5 px--3">
                    <div class="bg-primary rounded-circle d-flex align-items-
center justify-content-center mb-3" style="width: 60px; height: 60px;">
                        <i class="fa fa-phone fs-4 text-white"></i>
                    </div>
                    <h5 class="text-uppercase text-primary">Call Us</h5>
                    <p class="text-secondary mb-0">+91 841 8081 396</p>
                </div>
            </div>
        </div>
        <div class="row g-0">
            <div class="col-lg-6">
                <div class="bg-dark p-5">
                    <form id="contactForm" action="/api/submitContactForm"
method="post">
                        <div class="row g-3">
                            <div class="col-6">
                                <input type="text" id="name" class="form-control
bg-light border-0 px-4" placeholder="Your Name" style="height: 55px;">
                                <div class="error-message"></div>
                            </div>
                            <div class="col-6">
                                <input type="email" id="email" class="form-control
bg-light border-0 px-4" placeholder="Your Email" style="height: 55px;">
                                <div class="error-message"></div>
                            </div>
                            <div class="col-12">
```

```html
                                        <input type="tel" id="phone" class="form-control
bg-light border-0 px-4" placeholder="Phone Number" style="height: 55px;">
                                        <div class="error-message"></div>
                                    </div>
                                    <div class="col-12">
                                        <textarea id="message" class="form-control bg-
light border-0 px-4 py-3" rows="4" placeholder="Message"></textarea>
                                        <div class="error-message"></div>
                                    </div>
                                    <div class="col-12">
                                        <button class="btn btn-primary w-100 py-3"
type="submit">Send Message</button>
                                    </div>
                                </div>
                        </form>


                    </div>
                </div>
                <div class="col-lg-6">
                        <iframe
src="https://www.google.com/maps/embed?pb=!1m14!1m8!1m3!1d14013.256972160563!2d77.
3115001!3d28.5903482!3m2!1i1024!2i768!4f13.1!3m3!1m2!1s0x390ce4f48ccfdc81%3A0x23b8
2756bfac9089!2sNational%20Skill%20Training%20Institute%20for%20Women!5e0!3m2!1sen!
2sin!4v1721103863544!5m2!1sen!2sin" width="600" height="450" style="border:0;"
allowfullscreen="" loading="lazy" referrerpolicy="no-referrer-when-
downgrade"></iframe>
                </div>
            </div>
        </div>
        <!-- Contact End -->



        <!-- Footer Start -->
        <!-- Footer Start -->
        <footer class="footer">
            <div class="footer-container">
                <div class="footer-section">
                    <h4>Get In Touch</h4>
                    <div class="d-flex mb-2">
                        <i class="bi bi-geo-alt text-primary me-2"></i>
                        <p>NSTI(w) Noida UP</p>
                    </div>
                    <div class="d-flex mb-2">
                        <i class="bi bi-envelope-open text-primary me-2"></i>
                        <p>fit4life201301@gmail.com</p>
                    </div>
                    <div class="d-flex mb-2">
                        <i class="bi bi-telephone text-primary me-2"></i>
                        <p>+91 841-8081-396</p>
                    </div>

                </div>
                <div class="footer-section">
                    <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png
" alt="Logo" class="img-fluid logo-img rotate-image">
                    <p class="text-secondary mb-2">Discover Your Potential,<br>
Transform Your Life with Us.</p>
```

```html
                </div>

                <div class="footer-section">
                    <h4 class="footerlinks">Quick Links</h4>
                    <div class="d-flex flex-column justify-content-start">
                        <a class="text-secondary mb-2" href="index"><i class="bi bi-arrow-right text-primary me-2"></i>Home</a>
                        <a class="text-secondary mb-2" href="about"><i class="bi bi-arrow-right text-primary me-2"></i>About Us</a>
                        <a class="text-secondary mb-2" href="workout"><i class="bi bi-arrow-right text-primary me-2"></i>WorkOut</a>
                        <a class="text-secondary" href="contact"><i class="bi bi-arrow-right text-primary me-2"></i>Contact Us</a>
                    </div>
                </div>
            </div>
        <div class="container-fluid py-4 py-lg-0 px-5" style="background: #111111;">
            <div class="row gx-5">
                <div class="col-lg-8">
                    <div class="py-lg-4 text-center">
                        <p class="text-secondary mb-0">&copy; <a class="text-light fw-bold" href="#">Fit4Life</a>. All Rights Reserved.</p>
                    </div>
                </div>
                <div class="col-lg-4">
                    <div class="py-lg-4 text-center credit">
                        <p class="text-light mb-0">Designed by <a class="text-light fw-bold">Health Heros</a></p>
                    </div>
                </div>
            </div>
        </div>
    </div>
    </footer>
    <!-- Footer End -->


    <!-- Back to Top -->
    <a href="#" class="btn btn-dark py-3 fs-4 back-to-top"><i class="bi bi-arrow-up"></i></a>


    <!-- JavaScript Libraries -->
    <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js"></script>
    <script src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.9.2/dist/umd/popper.min.js"></script>
    <script src="https://stackpath.bootstrapcdn.com/bootstrap/4.5.2/js/bootstrap.min.js"></script>
    <script src="https://code.jquery.com/jquery-3.4.1.min.js"></script>
    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.0/dist/js/bootstrap.bundle.min.js"></script>

    <!-- Template Javascript -->
    <script src="js/contact.js"></script>
    <script src="js/main.js"></script>
    <script>
    document.getElementById('contactForm').addEventListener('submit', function (event) {
```

```javascript
        event.preventDefault(); // Prevent default form submission

        const contactForm = {
            name: document.getElementById('name').value,
            email: document.getElementById('email').value,
            phone: document.getElementById('phone').value,
            message: document.getElementById('message').value
        };

        fetch('/api/submitContactForm', {  // Ensure this URL matches your backend
endpoint
            method: 'POST',
            headers: {
                'Content-Type': 'application/json'
            },
            body: JSON.stringify(contactForm)
        })
        .then(response => {
            if (!response.ok) {
                throw new Error('Network response was not ok');
            }
            return response.text(); // or response.json() if the response is JSON
        })
        .then(data => {
            console.log('Success:', data);
            alert('Form submitted successfully!');
        })
        .catch((error) => {
            console.error('Error:', error);
            alert('There was an error submitting the form. Please try again.');
        });
    });

// Fetch Username From Database
    document.addEventListener('DOMContentLoaded', function () {
      fetch('/api/getSessionAttributes', {
        method: 'GET',
        headers: {
          'Content-Type': 'application/json'
        }
      })
      .then(response => response.json())
      .then(data => {
        const { isLoggedIn, fname } = data;
        const loginButton = document.getElementById('loginDropdown');
        const dropdownMenu = document.getElementById('dropdownMenu');
        const dashboardLink = document.getElementById('dashboardLink'); // Select
the Dashboard link

        if (isLoggedIn && fname) {
          // Replace login button text with first name
          loginButton.textContent = fname;
          loginButton.classList.remove('btn-secondary');
          loginButton.classList.add('btn-primary');

          // Update dropdown to show the logout option
          dropdownMenu.innerHTML = `
            <a href="/logout" class="dropdown-item" id="logout">Logout</a>
          `;
```

```javascript
        // Show the Dashboard link if user is logged in
        dashboardLink.style.display = 'block';

      } else {
        // Show login options if not logged in
        loginButton.textContent = 'Login';
        dropdownMenu.innerHTML = `
          <a href="/login" class="dropdown-item">User Login</a>
          <a href="/admin_login" class="dropdown-item">Admin Login</a>
        `;

        // Hide the Dashboard link if user is not logged in
        dashboardLink.style.display = 'none';
      }

      // Remove the hidden class to display the updated button and dropdown
      loginButton.classList.remove('hidden');
      dropdownMenu.classList.remove('hidden');
    })
    .catch(error => {
      console.error('Error:', error);
    });
  });
</script>

</body>

</html>
```

video.html:

```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Fit4Life</title>
    <!-- Favicon -->

    <link
      rel="icon"

href="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png"
      type="image/x-icon"
    />

    <!-- Google Web Fonts -->
    <link rel="preconnect" href="https://fonts.gstatic.com">
    <link
href="https://fonts.googleapis.com/css2?family=Oswald:wght@400;500;600;700&family=Rubik&display=swap" rel="stylesheet">
      <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/5.15.4/css/all.min.css">

    <!-- Icon Font Stylesheet -->
    <link href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/5.15.0/css/all.min.css" rel="stylesheet">
```

```html
    <link href="https://cdn.jsdelivr.net/npm/bootstrap-icons@1.4.1/font/bootstrap-icons.css" rel="stylesheet">

    <!-- Customized Bootstrap Stylesheet -->
    <link href="css/bootstrap.min.css" rel="stylesheet">

    <!-- Template Stylesheet -->
    <link href="css/style.css" rel="stylesheet">
    <link href="css/workout.css" rel="stylesheet">

</head>
<body>
    <!-- Header Start -->
    <div class="container-fluid bg-dark px-0">
        <div class="row gx-0">
            <div class="col-lg-3 bg-dark d-none d-lg-flex align-items-center justify-content-center">
                <a href="index" class="navbar-brand w-100 h-100 m-0 p-0 d-flex align-items-center justify-content-center">
                    <img src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png" alt="Fit4Life Logo" class="img-fluid logo-img">
                </a>
            </div>
            <div class="col-lg-9">
                <nav class="navbar navbar-expand-lg bg-dark navbar-dark p-3 p-lg-0 px-lg-5">
                    <a href="index" class="navbar-brand d-block d-lg-none">
                        <img src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png" alt="Fit4Life Logo" class="img-fluid logo-img">
                    </a>
                    <button type="button" class="navbar-toggler" data-bs-toggle="collapse" data-bs-target="#navbarCollapse">
                        <span class="navbar-toggler-icon"></span>
                    </button>
                    <div class="collapse navbar-collapse justify-content-between" id="navbarCollapse">
                        <div class="navbar-nav mr-auto py-0">
                            <a href="index" class="nav-item nav-Link">Home</a>
                            <a href="workout" class="nav-item nav-link active">Workout</a>
                            <a href="dashboard" id="dashboardLink" class="nav-item nav-link">Dashboard</a>
                            <a href="about" class="nav-item nav-Link">About</a>
                            <a href="contact" class="nav-item nav-Link">Contact</a>
                        </div>
                        <div class="nav-item dropdown">
                            <a href="#" id="loginDropdown" class="btn btn-primary py-md-3 px-md-5 nav-link dropdown-toggle hidden" data-bs-toggle="dropdown">
                                Login
                            </a>
                            <div class="dropdown-menu dropdown-menu-end rounded-0 m-0 hidden" id="dropdownMenu">
```

```html
                                            <!-- Content will be injected by
JavaScript -->
                            </div>
                        </div>
                    </div>
                </nav>
            </div>
        </div>
    </div>
    <!-- Header End -->
<!-- Main content wrapper -->
<div class="container-fluid d-flex">
  <div class="sidebar">
    <!-- The heading with back button -->
    <h3 id="workout-heading">
        <span id="back-button" class="back-btn">
            <i class="fas fa-arrow-left"></i> <!-- Font Awesome back arrow icon --
>
        </span>
        <span id="heading-text">Workout Videos</span>
    </h3>
    <ul id="video-list">
        <!-- List of workout videos will be added here dynamically -->
    </ul>
</div>
    <div class="main-content">
        <h2 class="text-center mb-4" id="video-title">Video Title</h2>

        <div class="tabs">
            <button class="tab-btn" data-target="#animation">Animation</button>
            <button class="tab-btn" data-target="#muscles">Muscles</button>
            <button class="tab-btn" data-target="#how-to-do">How to Do</button>
        </div>
        <div id="animation" class="tab-content">
            <video id="animation-video" muted controls loop>
                Your browser does not support the video tag.
            </video>
            <div id="timer-container">
            <span id="timer">00:00</span>
            <button id="start-button" class="start">Start</button>
        </div>
        </div>
        <div id="muscles" class="tab-content">
            <video id="muscles-video" autoplay muted controls loop>
                Your browser does not support the video tag.
            </video>
        </div>
        <div id="how-to-do" class="tab-content">
            <iframe id="how-to-do-video" src="" frameborder="0"
allow="accelerometer; autoplay; clipboard-write; encrypted-media; gyroscope;
picture-in-picture; web-share" referrerpolicy="strict-origin-when-cross-origin"
allowfullscreen></iframe>
        </div>
        <div class="instructions">
            <div class="instructions-container">
                <div class="column">
                    <h3>Instructions</h3>
                    <p id="instruction1">Instruction paragraph 1...</p>
                </div>
                <div class="column">
```

```html
                <h3>Focus Area</h3>
                <p id="instruction2">Instruction paragraph 2...</p>
            </div>
            <div class="column">
                <h3>Common Mistakes</h3>
                <p id="instruction3">Instruction paragraph 3...</p>
            </div>
            <div class="column">
                <h3>Breathing Tips</h3>
                <p id="instruction4">Instruction paragraph 4...</p>
            </div>
        </div>
    </div>
</div>

        </div>
    </div>
    </div>
    </div>
</div>

    <!-- Footer Start -->
    <footer class="footer">
        <div class="footer-container">
            <div class="footer-section">
                <h4>Get In Touch</h4>
                <div class="d-flex mb-2">
                    <i class="bi bi-geo-alt text-primary me-2"></i>
                    <p>NSTI(w) Noida UP</p>
                </div>
                <div class="d-flex mb-2">
                    <i class="bi bi-envelope-open text-primary me-2"></i>
                    <p>fit4life201301@gmail.com</p>
                </div>
                <div class="d-flex mb-2">
                    <i class="bi bi-telephone text-primary me-2"></i>
                    <p>+91 841-8081-396</p>
                </div>

            </div>
            <div class="footer-section">
                <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u.png
" alt="logo" class="img-fluid logo-img rotate-image">
                <p class="text-secondary mb-2">Discover Your Potential,<br>
Transform Your Life with Us.</p>
            </div>

            <div class="footer-section">
                <h4 class="footerlinks">Quick Links</h4>
                <div class="d-flex flex-column justify-content-start">
                    <a class="text-secondary mb-2" href="index"><i class="bi bi-
arrow-right text-primary me-2"></i>Home</a>
                    <a class="text-secondary mb-2" href="about"><i class="bi bi-
arrow-right text-primary me-2"></i>About Us</a>
                    <a class="text-secondary mb-2" href="workout"><i class="bi bi-
arrow-right text-primary me-2"></i>WorkOut</a>
                    <a class="text-secondary" href="contact"><i class="bi bi-
arrow-right text-primary me-2"></i>Contact Us</a>
                </div>
```

```html
                </div>
            </div>
    <div class="container-fluid py-4 py-lg-0 px-5" style="background: #111111;">
        <div class="row gx-5">
            <div class="col-lg-8">
                <div class="py-lg-4 text-center">
                    <p class="text-secondary mb-0">&copy; <a class="text-light fw-
bold" href="#">Fit4Life</a>. All Rights Reserved.</p>
                </div>
            </div>
            <div class="col-lg-4">
                <div class="py-lg-4 text-center credit">
                    <p class="text-light mb-0">Designed by <a class="text-light
fw-bold">Health Heros</a></p>
                </div>
            </div>
        </div>
    </div>
    <!-- Footer End -->
    <!-- Back to Top -->
    <a href="#" class="btn btn-dark py-3 fs-4 back-to-top"><i class="bi bi-arrow-
up"></i></a>
    <!-- JavaScript Libraries -->
    <script src="https://code.jquery.com/jquery-3.4.1.min.js"></script>
    <script
src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.0/dist/js/bootstrap.bundle.min.js"
></script>
    <script src="js/main.js"></script>
    <script src="js/video.js"></script>
    <script>
 // Function to get URL parameters
    function getUrlParams() {
        const params = new URLSearchParams(window.location.search);
        return {
            title: params.get('title'),
            type: params.get('type'),
            category: params.get('category')
        };
    }

    // Function to update the heading with category and type
    function updateHeading() {
        const { type, category } = getUrlParams();
        const headingTextElement = document.getElementById('heading-text');
        const backButton = document.getElementById('back-button');

        if (category && type) {
            // Set the heading text to "> Type"
            headingTextElement.textContent = `${type}`;

            // Back button should redirect to the category and type in
workout.html
            backButton.style.display = 'inline';  // Ensure back button is visible
            backButton.addEventListener('click', function() {
                window.location.href = `workout`;
            });
        } else {
            // Default heading if URL parameters are missing
            headingTextElement.textContent = 'Workout Videos';
```

```javascript
                backButton.style.display = 'none'; // Hide back button if no category
or type is present
            }
        }

        // Call the function on page load to update the heading
        updateHeading();

  // Fetch Username From Database
        document.addEventListener('DOMContentLoaded', function () {
          fetch('/api/getSessionAttributes', {
            method: 'GET',
            headers: {
              'Content-Type': 'application/json'
            }
          })
          .then(response => response.json())
          .then(data => {
            const { isLoggedIn, fname } = data;
            const loginButton = document.getElementById('loginDropdown');
            const dropdownMenu = document.getElementById('dropdownMenu');
            const dashboardLink = document.getElementById('dashboardLink'); // Select
the Dashboard link

            if (isLoggedIn && fname) {
              // Replace login button text with first name
              loginButton.textContent = fname;
              loginButton.classList.remove('btn-secondary');
              loginButton.classList.add('btn-primary');
              // Update dropdown to show the logout option
              dropdownMenu.innerHTML = `
                <a href="/logout" class="dropdown-item" id="logout">Logout</a>
              `;

              // Show the Dashboard link if user is logged in
              dashboardLink.style.display = 'block';

            } else {
              // Show login options if not logged in
              loginButton.textContent = 'Login';
              dropdownMenu.innerHTML = `
                <a href="/login" class="dropdown-item">User Login</a>
                <a href="/admin_login" class="dropdown-item">Admin Login</a>
              `;

              // Hide the Dashboard link if user is not logged in
              dashboardLink.style.display = 'none';
            }

            // Remove the hidden class to display the updated button and dropdown
            loginButton.classList.remove('hidden');
            dropdownMenu.classList.remove('hidden');
          })
          .catch(error => {
            console.error('Error:', error);
          });
        });
    </script>
</body>
</html>
```

signup.html

```html
<!DOCTYPE html>
<html>
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Fit4Life</title>
    <link
      rel="icon"
      href="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo
_pctu2u.png"
      type="image/x-icon"
    />
    <link rel="stylesheet" href="css/login.css">
    <link href='https://unpkg.com/boxicons@2.1.4/css/boxicons.min.css'
rel='stylesheet'>
    <link rel="stylesheet"
href="https://unpkg.com/sweetalert/dist/sweetalert.css">
</head>
<body>
<input type="hidden" id="status" value="<%=request.getAttribute(status) %>">
    <div class="container">
        <div class="close-button" onclick="redirectToIndex()">×</div>
        <div class="login-link">
            <div class="logo">
                <i class='bx bx-pencil'></i>
                <span class="text">Fit4Life</span>
            </div>
            <p class="side-big-hedaing">Already a member?</p>
            <p class="primary-bg-text">To keep track of your dashboard, please
log in with your personal info.</p>
            <a href="login" class="loginbtn">Login</a>
        </div>

        <!-- Add an ID to the form to make it selectable in jQuery -->
        <form id="register-form" class="signup-form-container"
action="/signup" method="post">
            <p class="big-heading">Create Account</p>
            <br><br><br>

            <div class="progress-bar">
                <div class="stage">
                    <p class="tool-tip">Personal info</p>
                    <p class="stageno stageno-1">1</p>
                </div>
                <div class="stage">
                    <p class="tool-tip">Contact info</p>
```

```html
                <p class="stageno stageno-2">2</p>
            </div>
            <div class="stage">
                <p class="tool-tip">Final Submit</p>
                <p class="stageno stageno-3">3</p>
            </div>
        </div>

        <div class="signup-form-content">
            <!-- stage1-content -->
            <div class="stage1-content">
                <div class="button-container">
                    <div class="text-fields fname">
                        <label for="fname"><i class='bx bx-user'></i></label>
                        <input type="text" name="fname" id="fname" placeholder="Enter your first name">
                    </div>
                    <div class="text-fields lname">
                        <label for="lname"><i class='bx bx-user'></i></label>
                        <input type="text" name="lname" id="lname" placeholder="Enter your last name">
                    </div>
                </div>
                <div class="button-container">
                    <div class="text-fields dob">
                        <input type="date" name="dob" id="dob">
                    </div>
                    <div class="text-fields gender-selection">
                        <p class="fields-heading">Gender:</p>
                        <select name="gender" id="gender">
                            <option value="" disabled selected>Select your gender</option>
                            <option value="Male">Male</option>
                            <option value="Female">Female</option>
                            <option value="Other">Other</option>
                        </select>
                    </div>
                </div>
                <div class="pagination-btns">
                    <input type="button" value="Next" class="nextPage stagebtn1b" onclick="stage1to2()">
                </div>
            </div>

            <!--stage2-content-->
            <div class="stage2-content">
                <div class="button-container">
                    <div class="text-fields phone">
```

```html
                                        <label for="phone"><i class='bx bx-
phone'></i></label>
                                        <input type="text" name="phone" id="phone"
placeholder="Phone number">
                                    </div>
                                    <div class="text-fields email">
                                        <label for="email"><i class='bx bx-
envelope'></i></label>
                                        <input type="email" name="email" id="email"
placeholder="Enter your email id">
                                    </div>
                                </div>
                                <div class="button-container">
                                    <div class="text-fields password">
                                        <label for="password"><i class='bx bx-lock-
alt'></i></label>
                                        <input type="password" name="password"
id="password" placeholder="Enter password"
                                            oninput="validatePassword()"
onfocus="showPasswordValidation()" onblur="hidePasswordValidation()">
                                        <i class='bx bx-hide password-toggle'
id="togglePassword"></i>

                                        <div id="passwordValidation" class="password-
validation">
                                            <p id="length" class="invalid">At least 8
characters</p>
                                            <p id="uppercase" class="invalid">At least one
uppercase letter</p>
                                            <p id="lowercase" class="invalid">At least one
lowercase letter</p>
                                            <p id="number" class="invalid">At least one
number</p>
                                            <p id="specialChar" class="invalid">At least
one special character</p>
                                        </div>
                                    </div>

                                    <div class="text-fields confirmpassword">
                                        <label for="confirmpassword"><i class='bx bx-lock-
alt'></i></label>
                                        <input type="password" name="confirmpassword"
id="confirmpassword" placeholder="Confirm password">
                                        <i class='bx bx-hide password-toggle'
id="toggleConfirmPassword"></i>

                                    </div>
                                </div>
                                <div class="pagination-btns">
```

```html
                                    <input type="button" value="Previous"
class="previousPage stagebtn2a" onclick="stage2to1()">
                                    <input type="button" value="Next" class="nextPage
stagebtn2b" onclick="stage2to3()">
                                </div>
                            </div>

                            <!-- stage3-content -->
                            <div class="stage3-content">
                                <div class="tc-container">
                                    <label for="tc" class="tc">
                                        <input type="checkbox" name="tc" id="tc" required>
                                        By submitting your details, you agree to the <a
href="#">terms and conditions.</a>
                                    </label>
                                </div>
                                <div class="pagination-btns">
                                    <input type="button" value="Previous"
class="previousPage stagebtn3a" onclick="stage3to2()">
                                    <input type="submit" value="Submit" class="nextPage
stagebtn3b">
                                </div>
                            </div>
                        </div>
                </form>
        </div>

    <script src="https://unpkg.com/jquery@3.6.0/dist/jquery.min.js"></script>
    <script src="https://unpkg.com/boxicons@2.1.4/dist/boxicons.js"></script>
    <script
src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>
    <script src="js/script.js"></script>

    <script type="text/javascript">
        $(document).ready(function() {
            $('#register-form').on('submit', function(event) {
                event.preventDefault(); // Prevent default form submission

                // Perform validation here if needed
                swal({
                    title: "Congrats",
                    text: "You have successfully registered!",
                    icon: "success",
                    button: "OK",
                }).then(function() {
                    // Submit the form after showing the SweetAlert
                    $('#register-form')[0].submit();
                });
            });
```

```
        });
    </script>
</body>
</html>
```

login.html

```html
<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Fit4Life</title>
    <link rel="icon"
href="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2
u.png" type="image/x-icon">
    <link rel="stylesheet" href="css/login.css">
    <link href='https://unpkg.com/boxicons@2.1.4/css/boxicons.min.css'
rel='stylesheet'>
    <link rel="stylesheet"
href="https://unpkg.com/sweetalert/dist/sweetalert.css">
</head>
<body>
    <input type="hidden" id="status" value="<%=request.getAttribute(status)
%>">
    <div class="container">
        <div class="close-button" onclick="redirectToIndex()">×</div>
        <div class="login-link">
            <div class="logo">
                <i class='bx bx-pencil'></i>
                <span class="text">Fit4Life</span>
            </div>
            <p class="side-big-hedaing">Create your Account</p>
            <p class="primary-bg-text">To keep track of your dashboard, please
login with your personal info.</p>
            <a href="signup" class="loginbtn">Register now</a>
        </div>
        <form id="loginForm" action="/login" method="post" class="signup-form-
container">
            <p class="big-heading">Login to your account</p>
            <br><br><br>
            <div class="login-form-contents">
                <div class="text-fields email">
                    <label for="email"><i class='bx bx-envelope'></i></label>
                    <input type="email" name="email" id="email"
placeholder="Enter your email id">
                </div>
                <div class="text-fields password">
```

```html
                    <label for="password"><i class='bx bx-lock-
alt'></i></label>
                    <input type="password" name="password" id="password"
placeholder="Enter password">
                    <i class='bx bx-hide password-toggle'
id="togglePassword"></i>
                </div>
                <center>
                <a href="forgot" class="forgot-password">Forgot
Password?</a></center>

                <br>
            </div>
            <input type="submit" value="Login"  class="nextPage">
        </form>
    </div>

    <script src="https://code.jquery.com/jquery-3.6.0.min.js"></script>
    <script src="https://unpkg.com/boxicons@2.1.4/dist/boxicons.js"></script>
    <script
src="https://unpkg.com/sweetalert/dist/sweetalert.min.js"></script>


<script type="text/javascript">

//Get the redirect URL parameter from the current URL
const urlParams = new URLSearchParams(window.location.search);
const redirect = urlParams.get('redirect');

// Modify the form action to include the redirect URL as a parameter if it
exists
const loginForm = document.getElementById('loginForm');
if (redirect) {
    loginForm.action = `/login?redirect=${encodeURIComponent(redirect)}`;
}

    var status = document.getElementById("status").value;
    if (status == "failed") {
        swal("Sorry", "Wrong Username and Password", "error");
    }

        function redirectToIndex() {
            window.location.href = 'index';
        }
        // Toggle password visibility
        const togglePassword = document.querySelector('#togglePassword');
        const password = document.querySelector('#password');
```

```
        togglePassword.addEventListener('click', function () {
            const type = password.getAttribute('type') === 'password' ? 'text'
: 'password';
            password.setAttribute('type', type);
            this.classList.toggle('bx-show');
            this.classList.toggle('bx-hide');
        });

        // Login form functionality


    </script>
</body>
</html>
```

login.css

```css
@import
url('https://fonts.googleapis.com/css2?family=Poppins:wght@400;500;600;700&dis
play=swap');

* {
    margin: 0;
    padding: 0;
    box-sizing: border-box;
    font-family: "Poppins", sans-serif;
}

body {
    display: flex;
    justify-content: center;
    text-align: center;
    width: 100%;
    background-image:
url('https://res.cloudinary.com/deup6t83x/image/upload/v1721285969/banner_dov2
e4.jpg');
    background-repeat: no-repeat;
    background-size: cover;
    background-position: center;
    height: 100vh;
}

.container {
    width: 80%;
    margin: 3% auto;
    margin-bottom: 100px;
    display: flex;
    height: 623px;
```

```css
        box-shadow: 0 12px 18px rgba(54, 176, 138, 0.005);
        border-radius: 6px;
        background: #F4F5F8;
        position: relative;
}

.close-button {
        position: absolute;
        top: 5px;
        right: 10px;
        font-size: 24px;
        color: grey;
        cursor: pointer;
}

.close-button:hover {
        color: black;
}

.login-link {
        background-color: #222429;
        background-image: url('bg-shapes.svg');
        background-position: bottom left;
        background-repeat: no-repeat;
        width: 30%;
        padding: 3%;
}

.signup-form-container {
        width: 70%;
        padding: 3% 0;
        display: flex;
        flex-direction: column;
        align-items: center;
}

.logo {
        font-weight: 600;
        color: #F4F5F8;
}

.side-big-hedaing {
        font-weight: 800;
        color: #F4F5F8;
        font-size: 1.7rem;
        margin: 46% 0 5%;
}

.primary-bg-text {
```

```css
    color: #F4F5F8;
    font-weight: 500;
    text-align: center;
}

a.loginbtn {
    text-decoration: none;
    color: #F4F5F8;
    width: 70%;
    font-weight: 500;
    display: inline-block;
    margin: 7% 15%;
    text-align: center;
    background-color: #FB5B21;
    border-radius: 24px;
    padding: 3% 0;
}

a.loginbtn:hover {
    color: #0f0e0e;
}

.big-heading {
    font-weight: 900;
    font-size: 2rem;
    color: #222429;
}

.progress-bar {
    display: flex;
    justify-content: center;
    align-items: center;
    margin: 4% 0;
    width: 70%;
}

.progress-bar .stage {
    width: 30%;
    display: flex;
    justify-content: center;
    align-items: center;
    flex-direction: column;
}

.progress-bar .tool-tip {
    color: #f34608;
    font-weight: 600;
}
```

```css
.stageno {
    margin: 6% 0;
    padding: 2% 7%;
    border-radius: 50%;
    background-color: #F4F5F8;
    color: #f34608;
    font-weight: 600;
}

.button-container {
    display: flex;
    align-items: center;
    margin: 4% 0;
}

.text-fields {
    display: flex;
    align-items: center;
    border: 1px solid #ccc;
    padding: 2%;
    margin: 0 2%;
    width: 46%;
    border-radius: 4px;
    color: #222429;
    position: relative; /* Ensure the text-fields div is the reference point
for absolute positioning */
}

input {
    border: none;
    outline: none;
    background: inherit;
    color: #222429;
    width: 120%;
    margin-left: 4%;
    font-size: 1rem;
}

.signup-form-content {
    width: 100%;
    padding: 0 3%;
}

::-webkit-datetime-edit-month-field,
::-webkit-datetime-edit-day-field,
::-webkit-datetime-edit-year-field,
input::placeholder {
    background-color: #F4F5F8;
    color: #84848d;
```

```css
}

input[type="date"] {
    padding: 1%;
    font-size: 1rem;
    background-color: #F4F5F8;
    color: #222429;
    width: 100%;
}

input[type="date"]::-webkit-calendar-picker-indicator {
    display: block;
}

.text-fields.fname:after {
    content: 'First name';
    background-color: #F4F5F8;
    position: absolute;
    padding: 0 4%;
    left: -1px;
    color: #FB5B21;
    top: -20px;
}

.text-fields.lname:after {
    content: 'Last name';
    background-color: #F4F5F8;
    position: absolute;
    padding: 0 4%;
    left: -1px;
    color: #FB5B21;
    top: -20px;
}

.text-fields.dob:after {
    content: 'Date of birth';
    background-color: #F4F5F8;
    position: relative;
    padding: 0 1%;
    left: -184px;
    width: 342px;
    color: #FB5B21;
    top: -33px;
}


.fields-heading {
    color: #FB5B21;
    width: 20%;
```

```css
}

.gender-selection select {
    width: 90%;
    margin-left: 10px;
    padding: 10px;
    border-radius: 5px;
    border: none;
    background-color: #F4F5F8;
    font-size: 16px;
    color: #84848d;
}

.pagination-btns {
    display: flex;
    justify-content: center;
    margin: 3% 0;
    padding: 0 4%;
}

.nextPage,
.previousPage {
    background-color: #fa855b;
    color: #F4F5F8;
    width: 45%;
    cursor: pointer;
    padding: 2%;
    font-weight: 500;
    font-size: 1rem;
    border-radius: 4px;
    border: none;
    outline: none;
}

.nextPage:hover,
.previousPage:hover {
    background-color: #FB5B21;
}

.text-fields.phone:after {
    content: 'Phone number';
    background-color: #F4F5F8;
    position: absolute;
    padding: 0 4%;
    left: -1px;
    color: #FB5B21;
    top: -20px;
    transition: all 0.3s ease;
}
```

```css
.text-fields.email:after {
    content: 'Email Id';
    background-color: #F4F5F8;
    position: absolute;
    padding: 0 4%;
    left: 10px;
    top: -20px;
    color: #FB5B21;
    transition: all 0.3s ease;
}

.text-fields input:not(:placeholder-shown) + .text-fields.email:after {
    content: none;
}

.text-fields input:focus + .text-fields.email:after {
    top: -20px;
    left: 10px;
    color: #FB5B21;
    font-size: 0.875rem;
}

.text-fields.password:after,
.text-fields.confirmpassword:after {
    content: 'Enter Password';
    background-color: #F4F5F8;
    position: absolute;
    padding: 0 4%;
    left: -1px;
    color: #FB5B21;
    top: -20px;
    transition: all 0.3s ease;
}

.text-fields.confirmpassword:after {
    content: 'Confirm Password';
}

.text-fields.confirmpassword-toggle {
    position: absolute;
    right: 10px;
    top: 50%;
    transform: translateY(-50%);
    cursor: pointer;
    color: #84848d;
}

.text-fields.confirmpassword-toggle:hover {
```

```css
    color: #222429;
}

.tc-container input {
    width: 4%;
    margin-left: 4%;
    accent-color: #FB5B21;
}

.tc a {
    text-decoration: none;
    color: #FB5B21;
}

label.tc {
    margin-left: 4%;
}

.error-message {
    color: red;
    font-size: 0.875em;
    margin-top: 0.25em;
    display: block;
}

/*__Login form___ */
.login-form-contents {
    display: flex;
    flex-direction: column;
    align-items: center;
}

.login-form-contents .text-fields {
    margin: 10% 3%;
    width: 250%;
    padding: 10%;
}

.login-form-contents .text-fields.email:after {
    padding: 0 4%;
    left: 10px;
    top: -20px;
    color: #FB5B21;
    transition: all 0.3s ease;
}

.login-form-contents .text-fields.password:after {
    padding: 0 4%;
    left: 10px;
```

```css
    top: -20px;
    color: #FB5B21;
    transition: all 0.3s ease;
}

/*___Forgot Password Fields____*/
.forgot-password {
    color: #FB5B21;
    font-size: 0.9rem;
    margin-top: 8px;
    text-decoration: none;
    text-align: center;
}

.forgot-password:hover {
    text-decoration: underline;
}

.text-fields.password {
    position: relative;
}

/*____Password Validation_____*/
.password-validation {
    text-align: left;
    margin-top: 5px;
    color: #84848d;
    display: none;
    border: 1px solid #ccc;
    background: #f9f9f9;
    padding: 10px;
    width: 200px;
    position: absolute;
    z-index: 1;
    box-shadow: 0 4px 8px rgba(0, 0, 0, 0.1);
    top: 0;
    left: -220px;
    transition: all 0.3s ease-in-out;
}

.password-validation p {
    margin: 5px 0;
    font-size: 0.875rem;
}

.valid {
    color: green;
}
```

```css
.invalid {
    color: red;
}

.password {
    position: relative;
}

.password-toggle {
    position: absolute;
    right: 10px;
    top: 50%;
    transform: translateY(-50%);
    cursor: pointer;
    color: #84848d;
}

.password-toggle:hover {
    color: #222429;
}

/* Responsive Styles */
@media (max-width: 1200px) {
    .container {
        width: 90%;
        height: auto; /* Adjust height for smaller screens */
    }

    .login-link, .signup-form-container {
        width: 100%;
    }

    .signup-form-container {
        padding: 2% 0;
    }

    .text-fields {
        width: 100%;
        margin: 1% 0;
    }

    .progress-bar {
        width: 100%;
        flex-direction: column;
    }

    .progress-bar .stage {
        width: 100%;
        margin-bottom: 1rem;
```

```css
    }
}

@media (max-width: 900px) {
    .login-link, .signup-form-container {
        width: 100%;
    }

    .text-fields {
        width: 100%;
        margin: 1% 0;
    }

    .login-form-contents .text-fields {
        width: 100%;
        padding: 5%;
    }

    .password-validation {
        width: 100%;
        left: 0; /* Adjust for full width */
    }

    .button-container {
        flex-direction: column;
    }

    .nextPage, .previousPage {
        width: 100%;
        margin-bottom: 1rem;
    }
}

@media (max-width: 600px) {
    body {
        background-image: none; /* Remove background image for small screens
*/
    }

    .container {
        width: 95%;
        height: auto;
        margin-bottom: 20px;
    }

    .login-link {
        width: 100%;
        padding: 2%;
    }
```

```css
    .signup-form-container {
        width: 100%;
        padding: 2% 0;
    }

    .text-fields {
        width: 100%;
        margin: 1% 0;
    }

    .login-form-contents .text-fields {
        width: 100%;
        padding: 5%;
    }

    .progress-bar {
        flex-direction: column;
    }

    .progress-bar .stage {
        width: 100%;
        margin-bottom: 1rem;
    }

    .password-validation {
        width: 100%;
        left: 0; /* Adjust for full width */
    }
}
```

dashboard.html

```html
<!DOCTYPE html>
<html>
    <head>
        <!-- Basic Page Info -->
        <meta charset="utf-8" />
        <title>Fit4Life</title>

        <!-- Site favicon -->
        <link
            rel="logo icon"
            sizes="180x180"
            href="https://res.cloudinary.com/deup6t83x/image/upload/v172123625
1/logo_pctu2u.png"
        />

        <!-- Mobile Specific Metas -->
```

```html
    <meta
        name="viewport"
        content="width=device-width, initial-scale=1, maximum-scale=1"
    />

    <!-- Google Font -->
    <link
        href="https://fonts.googleapis.com/css2?family=Inter:wght@300;400;
500;600;700;800&display=swap"
        rel="stylesheet"
    />
    <!-- CSS -->
    <link rel="stylesheet" type="text/css"
href="Dashboard/vendors/styles/core.css" />
    <link
        rel="stylesheet"
        type="text/css"
        href="Dashboard/vendors/styles/icon-font.min.css"
    />
    <link
        rel="stylesheet"
        type="text/css"
        href="Dashboard/src/plugins/datatables/css/dataTables.bootstrap4.m
in.css"
    />
    <link
        rel="stylesheet"
        type="text/css"
        href="Dashboard/src/plugins/datatables/css/responsive.bootstrap4.m
in.css"
    />
    <link rel="stylesheet" type="text/css"
href="Dashboard/vendors/styles/style.css" />

    <!-- Global site tag (gtag.js) - Google Analytics -->
    <script
        async
        src="https://www.googletagmanager.com/gtag/js?id=G-GBZ3SGGX85"
    ></script>
    <script
        async
        src="https://pagead2.googlesyndication.com/pagead/js/adsbygoogle.j
s?client=ca-pub-2973766580778258"
        crossorigin="anonymous"
    ></script>
    <script>
        window.dataLayer = window.dataLayer || [];
        function gtag() {
```

```
                dataLayer.push(arguments);
            }
            gtag("js", new Date());

            gtag("config", "G-GBZ3SGGX85");
        </script>
        <!-- Google Tag Manager -->
        <script>
            (function (w, d, s, l, i) {
                w[l] = w[l] || [];
                w[l].push({ "gtm.start": new Date().getTime(), event: "gtm.js"
});
                var f = d.getElementsByTagName(s)[0],
                    j = d.createElement(s),
                    dl = l != "dataLayer" ? "&l=" + l : "";
                j.async = true;
                j.src = "https://www.googletagmanager.com/gtm.js?id=" + i +
dl;
                f.parentNode.insertBefore(j, f);
            })(window, document, "script", "dataLayer", "GTM-NXZMQSS");
        </script>
        <!-- End Google Tag Manager -->
    </head>
    <body>
        <div class="pre-loader">
            <div class="pre-loader-box">
                <div class="loader-logo">

                    <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u
.png" height="150px" width="150px">
                </div>
                <div class="loader-progress" id="progress_div">
                    <div class="bar" id="bar1"></div>
                </div>
                <div class="percent" id="percent1">0%</div>
                <div class="loading-text">Loading...</div>
            </div>
        </div>

        <div class="header">
            <div class="header-left">
                <div class="menu-icon bi bi-list"></div>
                <div
                    class="search-toggle-icon bi bi-search"
                    data-toggle="header_search"
                ></div>
                <div class="header-search">
                    <form>
```

```html
<div class="form-group mb-0">
    <i class="dw dw-search2 search-icon"></i>
    <input
        type="text"
        class="form-control search-input"
        placeholder="Search Here"
    />
    <div class="dropdown">
        <a
            class="dropdown-toggle no-arrow"
            href="#"
            role="button"
            data-toggle="dropdown"
        >
            <i class="ion-arrow-down-c"></i>
        </a>
        <div class="dropdown-menu dropdown-menu-right">
            <div class="form-group row">
                <label class="col-sm-12 col-md-2 col-form-label"
                    >From</label
                >
                <div class="col-sm-12 col-md-10">
                    <input
                        class="form-control form-control-sm form-control-line"
                        type="text"
                    />
                </div>
            </div>
            <div class="form-group row">
                <label class="col-sm-12 col-md-2 col-form-label">To</label>
                <div class="col-sm-12 col-md-10">
                    <input
                        class="form-control form-control-sm form-control-line"
                        type="text"
                    />
                </div>
            </div>
            <div class="form-group row">
                <label class="col-sm-12 col-md-2 col-form-label"
                    >Subject</label
                >
                <div class="col-sm-12 col-md-10">
                    <input
```

```html
                                                 class="form-control form-
control-sm form-control-line"
                                                 type="text"
                                />
                            </div>
                        </div>
                        <div class="text-right">
                            <button class="btn btn-
primary">Search</button>
                        </div>
                    </div>
                </div>
            </form>
        </div>
    </div>

    <div class="user-info-dropdown">
        <div class="dropdown">
            <a
                class="dropdown-toggle"
                href="#"
                role="button"
                data-toggle="dropdown"
            >
                <span class="user-icon">
                    <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1726082990/userpic_uzt
mom.jpg" alt="" />
                </span>

            </a>
            <div
                class="dropdown-menu dropdown-menu-right dropdown-
menu-icon-list">
                <a class="dropdown-item" href="index"
                    ><i class="dw dw-logout"></i> Log Out</a>
            </div>
        </div>
    </div>
</div>


    <div class="left-side-bar">
        <div class="brand-logo">
            <a style="margin-top:13px;">
```

```html
                    <img
src="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo_pctu2u
.png"  height="80px" width="80px">

                </a>

        </div>
        <div class="menu-block customscroll">
            <div class="sidebar-menu">
                <ul id="accordion-menu">

                    <li>
                        <a href="dashboard" class="dropdown-toggle no-
arrow">

                            <span class="micon bi bi-house"></span>
                            <span class="mtext">Dashboard</span>
                        </a>
                    </li>
                    <li>
                        <a href="history" class="dropdown-toggle no-
arrow">

                            <span class="micon bi bi-calendar4-
week"></span

                            ><span class="mtext">Workout History</span>
                        </a>
                    </li>

                    <li class="dropdown">
                        <a href="javascript:;" class="dropdown-toggle">
                            <span class="micon bi bi-file-earmark-
text"></span

                            ><span class="mtext">Settings</span>
                        </a>

                        <ul class="submenu">
                            <li><a href="reset">Reset Password</a></li>
                        </ul>
                    </li>


                </ul>
            </div>
        </div>
    </div>
    <div class="mobile-menu-overlay"></div>

    <div class="main-container">
        <div class="pd-ltr-20">
```

```html
                <div class="card-box pd-20 height-100-p mb-30">
                    <div class="row align-items-center">
                        <div class="col-md-4">
                            <img src="Dashboard/vendors/images/banner-img.png"
alt="" />
                        </div>
                        <div class="col-md-8">
                            <h4 class="font-20 weight-500 mb-10 text-
capitalize">

                                Welcome back
                                <div class="weight-600 font-30 text-blue user-
name"></div>

                            </h4>
                            <p class="font-18 max-width-600">
                                Welcome to Fit4Life – your ultimate
destination for holistic wellness. Embark on a transformative journey towards
a healthier, fitter you, guided by expert advice, personalized fitness plans,
and a vibrant community of like-minded individuals.
                            </p>
                        </div>

                    </div>
                </div>
                <div class="row">
                    <div class="col-xl-3 mb-30">
                        <div class="card-box height-100-p widget-style1">
                            <div class="d-flex flex-wrap align-items-center">
                                <div class="progress-data">
                                    <div id="chart"></div>
                                </div>
                                <div class="widget-data">

                                    <div class="weight-600 font-14">Abs</div>
                                </div>
                            </div>
                        </div>
                    </div>
                    <div class="col-xl-3 mb-30">
                        <div class="card-box height-100-p widget-style1">
                            <div class="d-flex flex-wrap align-items-center">
                                <div class="progress-data">
                                    <div id="chart2"></div>
                                </div>
                                <div class="widget-data">

                                    <div class="weight-600 font-14">Legs</div>
                                </div>
                            </div>
                        </div>
```

```
                    </div>
                    <div class="col-xl-3 mb-30">
                        <div class="card-box height-100-p widget-style1">
                            <div class="d-flex flex-wrap align-items-center">
                                <div class="progress-data">
                                    <div id="chart3"></div>
                                </div>
                                <div class="widget-data">

                                    <div class="weight-600 font-14">Arms</div>
                                </div>
                            </div>
                        </div>
                    </div>
                    <div class="col-xl-3 mb-30">
                        <div class="card-box height-100-p widget-style1">
                            <div class="d-flex flex-wrap align-items-center">
                                <div class="progress-data">
                                    <div id="chart4"></div>
                                </div>
                                <div class="widget-data">

                                    <div class="weight-600 font-
14">Shoulder</div>
                                </div>
                            </div>
                        </div>
                    </div>
                </div>
                <div class="row">
                    <div class="col-xl-8 mb-30">
                        <div class="card-box height-100-p pd-10">
                            <h2 class="h4 mb-20">Attendance Chart</h2>
                            <div id="chart5"></div>
                        </div>

                    </div>
                    <div class="col-xl-4 mb-30">
                        <div class="card-box height-100-p pd-20">
                            <h2 class="h4 mb-20">Activity</h2>
                            <div id="chart6"></div>
                        </div>
                    </div>
                </div>


        </div>
    </div>
```

```html
<!-- js -->
<script src="Dashboard/vendors/scripts/core.js"></script>
<script src="Dashboard/vendors/scripts/script.min.js"></script>
<script src="Dashboard/vendors/scripts/process.js"></script>
<script src="Dashboard/vendors/scripts/layout-settings.js"></script>
<script
src="Dashboard/src/plugins/apexcharts/apexcharts.min.js"></script>
<script
src="Dashboard/src/plugins/datatables/js/jquery.dataTables.min.js"></script>
<script
src="Dashboard/src/plugins/datatables/js/dataTables.bootstrap4.min.js"></script>
<script
src="Dashboard/src/plugins/datatables/js/dataTables.responsive.min.js"></script>
<script
src="Dashboard/src/plugins/datatables/js/responsive.bootstrap4.min.js"></script>
<script src="Dashboard/vendors/scripts/dashboard.js"></script>




<!-- Google Tag Manager (noscript) -->
<noscript
    ><iframe
        src="https://www.googletagmanager.com/ns.html?id=GTM-NXZMQSS"
        height="0"
        width="0"
        style="display: none; visibility: hidden"
    ></iframe
></noscript>
<!-- End Google Tag Manager (noscript) -->
<script>
    function checkLoginState() {
        const isLoggedIn = localStorage.getItem('isLoggedIn') ===
'true';
        const username = localStorage.getItem('username');
        const logoutButton = document.getElementById('logoutButton');
        const userNameSpan = document.querySelector('.user-name');

        if (isLoggedIn && username) {
            if (logoutButton) {
                logoutButton.style.display = 'block'; // Show the
logout button

                logoutButton.onclick = function() {
                    localStorage.removeItem('isLoggedIn');
                    localStorage.removeItem('username');
```

```
                        window.location.href = "/"; // Redirect to
index.html on logout
                    };
                }

                if (userNameSpan) {
                    userNameSpan.textContent = username; // Display the
username in the dashboard
                }
            } else {
                // If not logged in, redirect to the login page
                //window.location.href = "login";
            }
        }

        // Run the function to check login state on page load
        document.addEventListener('DOMContentLoaded', checkLoginState);
    </script>
</body>
</html>
```

admin.html

```
<!DOCTYPE html>
<html lang="en">
  <head>
    <meta http-equiv="X-UA-Compatible" content="IE=edge" />
    <title>Fit4Life</title>
    <meta
      content="width=device-width, initial-scale=1.0, shrink-to-fit=no"
      name="viewport"
    />
    <link
      rel="logo-icon"
      href="https://res.cloudinary.com/deup6t83x/image/upload/v1721236251/logo
_pctu2u.png"
      type="image/x-icon"
    />

    <!-- Fonts and icons -->
    <script src="Admin/assets/js/plugin/webfont/webfont.min.js"></script>
    <script>
      WebFont.load({
        google: { families: ["Public Sans:300,400,500,600,700"] },
        custom: {
          families: [
            "Font Awesome 5 Solid",
            "Font Awesome 5 Regular",
            "Font Awesome 5 Brands",
```

```html
          "simple-line-icons",
        ],
        urls: ["Admin/assets/css/fonts.min.css"],
      },
      active: function () {
        sessionStorage.fonts = true;
      },
    });
  </script>

  <!-- CSS Files -->
  <!-- CSS Files -->
<link rel="stylesheet" href="/Admin/assets/css/bootstrap.min.css" />
<link rel="stylesheet" href="/Admin/assets/css/plugins.min.css" />
<link rel="stylesheet" href="/Admin/assets/css/kaiadmin.min.css" />

<!-- Fonts or Additional CSS -->
<link rel="stylesheet" href="/Admin/assets/css/fonts.css" />

<!-- CSS Just for demo purpose, don't include it in your project -->
<link rel="stylesheet" href="/Admin/assets/css/demo.css" />

  </head>
  <body>
    <div class="wrapper">
      <!-- Sidebar -->
      <div class="sidebar" data-background-color="dark">
        <div class="sidebar-logo">
          <!-- Logo Header -->
          <div class="logo-header" data-background-color="dark">
            <a href="#" class="logo">
              <img
                src="https://res.cloudinary.com/deup6t83x/image/upload/v172123
6251/logo_pctu2u.png"
                alt="navbar brand"
                class="navbar-brand"
                height="65"
              />
            </a>
            <div class="nav-toggle">
              <button class="btn btn-toggle toggle-sidebar">
                <i class="gg-menu-right"></i>
              </button>
              <button class="btn btn-toggle sidenav-toggler">
                <i class="gg-menu-left"></i>
              </button>
            </div>
            <button class="topbar-toggler more">
              <i class="gg-more-vertical-alt"></i>
```

```
            </button>
        </div>
        <!-- End Logo Header -->
    </div>
    <div class="sidebar-wrapper scrollbar scrollbar-inner">
        <div class="sidebar-content">
            <ul class="nav nav-secondary">
                <li class="nav-item active">
                    <a
                        data-bs-toggle="collapse"
                        href="#dashboard"
                        class="collapsed"
                        aria-expanded="false"
                    >
                        <i class="fas fa-home"></i>
                        <p>Dashboard</p>
                    </a>
                </li>

                <li class="nav-item ">
                    <a data-bs-toggle="collapse" href="#forms">
                        <i class="fas fa-pen-square"></i>
                        <p>Add new WorkOut</p>
                        <span class="caret"></span>
                    </a>
                    <div class="collapse" id="forms">
                        <ul class="nav nav-collapse">
                            <li>
                                <a href="addworkout">
                                    <span class="sub-item">Add WorkOut</span>
                                </a>
                            </li>
                        </ul>
                    </div>
                </li>
                <li class="nav-item">
                    <a data-bs-toggle="collapse" href="#adduser">
                        <i class="fas fa-user"></i>
                        <p>Add new User</p>
                        <span class="caret"></span>
                    </a>
                    <div class="collapse" id="adduser">
                        <ul class="nav nav-collapse">
                            <li>
                                <a href="adduser">
                                    <span class="sub-item">Add User</span>
                                </a>
                            </li>
                        </ul>
```

```html
          </div>
        </li>
        <li class="nav-item">
          <a data-bs-toggle="collapse" href="#tables">
            <i class="fas fa-table"></i>
            <p>Tables</p>
            <span class="caret"></span>
          </a>
          <div class="collapse" id="tables">
            <ul class="nav nav-collapse">
              <li>
                <a href="data">
                  <span class="sub-item">Registered User</span>
                </a>
              </li>
                <li>
                <a href="workout_table">
                  <span class="sub-item">WorkOuts</span>
                </a>
              </li>
              <li>
              <a href="message">
                  <span class="sub-item">Contact Data</span>
                </a>
                </li>
            </ul>
          </div>

        <li class="nav-item">
          <a href="#">
            <i class="fas fa-file"></i>
            <p>Documentation</p>
            <span class="badge badge-secondary">1</span>
          </a>
        </li>
        <li class="nav-item">
          <div class="collapse" id="submenu">
            <ul class="nav nav-collapse">
            </ul>
          </div>
        </li>
      </ul>
    </div>
  </div>
</div>
<!-- End Sidebar -->

<div class="main-panel">
  <div class="main-header">
```

```html
        <div class="main-header-logo">
          <!-- Logo Header -->
          <div class="logo-header" data-background-color="dark">
            <a href="index" class="logo">
              <img
                src="https://res.cloudinary.com/deup6t83x/image/upload/v1721
236251/logo_pctu2u.png"
                alt="navbar brand"
                class="navbar-brand"
              />
            </a>
            <div class="nav-toggle">
              <button class="btn btn-toggle toggle-sidebar">
                <i class="gg-menu-right"></i>
              </button>
              <button class="btn btn-toggle sidenav-toggler">
                <i class="gg-menu-left"></i>
              </button>
            </div>
            <button class="topbar-toggler more">
              <i class="gg-more-vertical-alt"></i>
            </button>
          </div>
          <!-- End Logo Header -->
        </div>
        <!-- Navbar Header -->
        <nav
          class="navbar navbar-header navbar-header-transparent navbar-
expand-lg border-bottom"
        >
          <div class="container-fluid">
            <nav
              class="navbar navbar-header-left navbar-expand-lg navbar-form
nav-search p-0 d-none d-lg-flex"
            >
              <div class="input-group">
                <div class="input-group-prepend">
                  <button type="submit" class="btn btn-search pe-1">
                    <i class="fa fa-search search-icon"></i>
                  </button>
                </div>
                <input
                  type="text"
                  placeholder="Search ..."
                  class="form-control"
                />
              </div>
            </nav>
```

```
<ul class="navbar-nav topbar-nav ms-md-auto align-items-center">
  <li
    class="nav-item topbar-icon dropdown hidden-caret d-flex d-
lg-none"
  >
    <a
      class="nav-link dropdown-toggle"
      data-bs-toggle="dropdown"
      href="#"
      role="button"
      aria-expanded="false"
      aria-haspopup="true"
    >
      <i class="fa fa-search"></i>
    </a>
    <ul class="dropdown-menu dropdown-search animated fadeIn">
      <form class="navbar-left navbar-form nav-search">
        <div class="input-group">
          <input
            type="text"
            placeholder="Search ..."
            class="form-control"
          />
        </div>
      </form>
    </ul>
  </li>
  <li class="nav-item topbar-icon dropdown hidden-caret">
    <a
      class="nav-link dropdown-toggle"
      href="#"
      id="messageDropdown"
      role="button"
      data-bs-toggle="dropdown"
      aria-haspopup="true"
      aria-expanded="false"
    >
      <i class="fa fa-envelope"></i>
    </a>
    <li class="nav-item topbar-user dropdown hidden-caret">
      <a
        class="dropdown-toggle profile-pic"
        data-bs-toggle="dropdown"
        href="#"
        aria-expanded="false"
      >
        <div class="avatar-sm">
          <img
```

```html
                    src="https://res.cloudinary.com/deup6t83x/image/uplo
ad/v1725000463/admin_pic_sencpk.webp"
                    alt="Profile Picture"
                    class="avatar-img rounded-circle"
                  />
                </div>
                <span class="profile-username">
                  <span class="op-7">Hi,</span>
                  <span class="fw-bold">Rahila</span>
                </span>
              </a>
              <ul class="dropdown-menu dropdown-user animated fadeIn">
                <li>
                  <a class="dropdown-item"  onclick="logout()"
href="#">Logout</a>
                </li>
              </ul>
            </li>

          </ul>
        </div>
      </nav>
      <!-- End Navbar -->
    </div>

    <div class="container">
      <div class="page-inner">
        <div
          class="d-flex align-items-left align-items-md-center flex-column
flex-md-row pt-2 pb-4"
        >

        <div class="row">
          <div class="col-sm-6 col-md-3">
            <div class="card card-stats card-round">
              <div class="card-body">
                <div class="row align-items-center">
                  <div class="col-icon">
                    <div
                      class="icon-big text-center icon-primary bubble-
shadow-small"
                    >
                      <i class="fas fa-users"></i>
                    </div>
                  </div>
                  <div class="col col-stats ms-3 ms-sm-0">
                    <div class="numbers">
                      <p class="card-category">Visitors</p>
                      <h4 class="card-title">000</h4>
```

```html
              </div>
            </div>
          </div>
        </div>
      </div>
      <div class="col-sm-6 col-md-3">
        <div class="card card-stats card-round">
          <div class="card-body">
            <div class="row align-items-center">
              <div class="col-icon">
                <div
                  class="icon-big text-center icon-info bubble-shadow-small"
                >
                  <i class="fas fa-user-check"></i>
                </div>
              </div>
              <div class="col col-stats ms-3 ms-sm-0">
                <div class="numbers">
                  <p class="card-category">Subscribers</p>
                  <h4 class="card-title">0000</h4>
                </div>
              </div>
            </div>
          </div>
        </div>
      </div>
    </div>
    <div class="row">
      <div class="col-md-12">
        <div class="card card-round">
          <div class="card-header">
            <div class="card-head-row card-tools-still-right">
              <h4 class="card-title">Users Geolocation</h4>
              <div class="card-tools">
                <button
                  class="btn btn-icon btn-link btn-primary btn-xs"
                >
                  <span class="fa fa-angle-down"></span>
                </button>
                <button
                  class="btn btn-icon btn-link btn-primary btn-xs btn-refresh-card"
                >
                  <span class="fa fa-sync-alt"></span>
                </button>
                <button
```

```
                      class="btn btn-icon btn-link btn-primary btn-xs"
                  >
                    <span class="fa fa-times"></span>
                  </button>
              </div>
            </div>
            <p class="card-category">
              Map of the distribution of users around the world
            </p>
          </div>
          <div class="card-body">
            <div class="row">
              <div class="col-md-6">
                <div class="table-responsive table-hover table-sales">
                  <table class="table">
                    <tbody>
                      <tr>
                        <td>
                          <div class="flag">
                            <img
                              src="Admin/assets/img/flags/id.png"
                              alt="indonesia"
                            />
                          </div>
                        </td>
                        <td>Indonesia</td>
                        <td class="text-end">2.320</td>
                        <td class="text-end">42.18%</td>
                      </tr>
                      <tr>
                        <td>
                          <div class="flag">
                            <img
                              src="Admin/assets/img/flags/us.png"
                              alt="united states"
                            />
                          </div>
                        </td>
                        <td>USA</td>
                        <td class="text-end">240</td>
                        <td class="text-end">4.36%</td>
                      </tr>
                      <tr>
                        <td>
                          <div class="flag">
                            <img
                              src="Admin/assets/img/flags/au.png"
                              alt="australia"
                            />
```

```html
              </div>
            </td>
            <td>Australia</td>
            <td class="text-end">119</td>
            <td class="text-end">2.16%</td>
          </tr>
          <tr>
            <td>
              <div class="flag">
                <img
                  src="Admin/assets/img/flags/ru.png"
                  alt="russia"
                />
              </div>
            </td>
            <td>Russia</td>
            <td class="text-end">1.081</td>
            <td class="text-end">19.65%</td>
          </tr>
          <tr>
            <td>
              <div class="flag">
                <img
                  src="Admin/assets/img/flags/cn.png"
                  alt="china"
                />
              </div>
            </td>
            <td>China</td>
            <td class="text-end">1.100</td>
            <td class="text-end">20%</td>
          </tr>
          <tr>
            <td>
              <div class="flag">
                <img
                  src="Admin/assets/img/flags/br.png"
                  alt="brazil"
                />
              </div>
            </td>
            <td>Brasil</td>
            <td class="text-end">640</td>
            <td class="text-end">11.63%</td>
          </tr>
        </tbody>
      </table>
    </div>
  </div>
```

```html
                    <div class="col-md-6">
                      <div class="mapcontainer">
                        <div
                          id="world-map"
                          class="w-100"
                          style="height: 300px"
                        ></div>
                      </div>
                    </div>
                  </div>
                </div>
              </div>
            </div>

        <footer class="footer">
          <div class="container-fluid d-flex justify-content-between">

            <div class="copyright">
              &copy; All Rights Reserved by
              <a href="#">Fit4life</a>
            </div>
            <div>
              Developed by
              <a target="_blank" href="#">Health Heros</a>.
            </div>
          </div>
        </footer>
      </div>
    <!--    Core JS Files    -->
    <script src="Admin/assets/js/core/jquery-3.7.1.min.js"></script>
    <script src="Admin/assets/js/core/popper.min.js"></script>
    <script src="Admin/assets/js/core/bootstrap.min.js"></script>

    <!-- jQuery Scrollbar -->
    <script src="Admin/assets/js/plugin/jquery-
scrollbar/jquery.scrollbar.min.js"></script>

    <!-- Chart JS -->
    <script src="Admin/assets/js/plugin/chart.js/chart.min.js"></script>

    <!-- jQuery Sparkline -->
    <script
src="Admin/assets/js/plugin/jquery.sparkline/jquery.sparkline.min.js"></script
>

    <!-- Chart Circle -->
    <script src="Admin/assets/js/plugin/chart-circle/circles.min.js"></script>
```

```html
    <!-- Datatables -->
    <script
src="Admin/assets/js/plugin/datatables/datatables.min.js"></script>

    <!-- Bootstrap Notify -->
    <script src="Admin/assets/js/plugin/bootstrap-notify/bootstrap-
notify.min.js"></script>

    <!-- jQuery Vector Maps -->
    <script
src="Admin/assets/js/plugin/jsvectormap/jsvectormap.min.js"></script>
    <script src="Admin/assets/js/plugin/jsvectormap/world.js"></script>

    <!-- Sweet Alert -->
    <script
src="Admin/assets/js/plugin/sweetalert/sweetalert.min.js"></script>
    <!-- Kaiadmin JS -->
    <script src="Admin/assets/js/kaiadmin.min.js"></script>

    <!-- Logout Script -->
    <script>
    function logout() {
        localStorage.removeItem('authToken');
        window.location.href = 'index';
    }
</script>
</body>
</html>
```

Fit4LifeApplication.java

```java
package com.ojt.project;

import org.springframework.boot.SpringApplication;
import org.springframework.boot.autoconfigure.SpringBootApplication;

@SpringBootApplication
public class Fit4LifeApplication {
    public static void main(String[] args) {
        SpringApplication.run(Fit4LifeApplication.class, args);
    }
}
```

UserController.java

```java
package com.ojt.project;

import java.util.HashMap;
import java.util.List;
import java.util.Map;
```

```java
import java.util.Optional;

import org.springframework.beans.factory.annotation.Autowired;
import org.springframework.http.HttpStatus;
import org.springframework.http.ResponseEntity;
import org.springframework.stereotype.Controller;
import org.springframework.ui.Model;
import org.springframework.ui.ModelMap;
import org.springframework.validation.BindingResult;
import org.springframework.web.bind.annotation.GetMapping;
import org.springframework.web.bind.annotation.ModelAttribute;
import org.springframework.web.bind.annotation.PathVariable;
import org.springframework.web.bind.annotation.PostMapping;
import org.springframework.web.bind.annotation.PutMapping;
import org.springframework.web.bind.annotation.RequestBody;
import org.springframework.web.bind.annotation.RequestParam;
import org.springframework.web.bind.annotation.ResponseBody;

import com.ojt.project.entity.User;
import com.ojt.project.service.UserService;

import jakarta.servlet.http.HttpSession;
import jakarta.validation.Valid;

@Controller
public class UserController {

    @Autowired
    private UserService userService;

    @GetMapping("/index")
    public String getHome() {
        return "index";
    }

    @GetMapping("/workout")
    public String getWorkoutPage() {
        return "workout";
    }

    @GetMapping("/about")
    public String getAboutPage() {
        return "about";
    }

    @GetMapping("/contact")
    public String getContactPage() {
        return "contact";
    }
```

```java
    @GetMapping("/team")
    public String getTeamPage() {
        return "team";
    }

    @GetMapping("/forgot")
    public String getForgetPage() {
        return "forgot";
    }

    @GetMapping("/video")
    public String getVideoPage(HttpSession session, Model model) {
        User user = (User) session.getAttribute("user");

        if (user == null) {
            model.addAttribute("error", "You need to log in to access the
video page.");
            return "redirect:/login";
        }

        return "video";
    }

    // Dashboard controller location
    @GetMapping("/dashboard")
    public String getDashboardPage(HttpSession session, Model model) {
        User user = (User) session.getAttribute("user");

        if (user == null) {
            model.addAttribute("error", "You need to log in to access the
dashboard.");
            return "redirect:/login";
        }

        return "dashboard";
    }

    @GetMapping("/history")
    public String getHistoryPage(HttpSession session, Model model) {
        User user = (User) session.getAttribute("user");

        if (user == null) {
            model.addAttribute("error", "You need to log in to access the
history page.");
            return "redirect:/login";
        }

        return "history";
```

```java
    }

    @GetMapping("/reset")
    public String getResetPage(HttpSession session, Model model) {
        User user = (User) session.getAttribute("user");

        if (user == null) {
            model.addAttribute("error", "You need to log in to access the
reset page.");
            return "redirect:/login";
        }

        return "reset";
    }

    // Admin Controller Location
    @GetMapping("/addworkout")
    public String getAddWorkoutPage() {
        return "addworkout";
    }

    @GetMapping("/admin")
    public String getAdminPage() {
        return "admin";
    }

    @GetMapping("/data")
    public String getDataPage(Model model) {
        // Fetch all users from the service
        List<User> users = userService.getAllUsers();

        // Add the list of users to the model
        model.addAttribute("users", users);

        // Return the data page
        return "data";
    }

    @GetMapping("/admin_login")
    public String getAdminLoginPage() {
        return "admin_login";
    }

    @GetMapping("/adduser")
    public String getAddUserPage() {
        return "adduser";
    }

    @GetMapping("/message")
```

```java
public String getMessagePage() {
    return "message";
}

@GetMapping("/workout_table")
public String getWorkoutTablePage() {
    return "workout_table";
}

@GetMapping("/update_user")
public String getUpdateUserPage() {
    return "update_user";
}

@GetMapping("/update_workout")
public String getUpdateWorkoutPage() {
    return "update_workout";
}

@GetMapping("/signup")
public String showSignUpForm(Model model) {
    User user = new User();
    user.setFname("Default First Name");
    model.addAttribute("user", user);
    return "signup";
}

@PostMapping("/signup")
public String registerUser(@ModelAttribute User user, Model model) {
    User savedUser = userService.saveUser(user);
    if (savedUser != null) {
        model.addAttribute("status", "Success");
    } else {
        model.addAttribute("status", "Failed");
    }
    return "login";
}

@GetMapping("/login")
public String showLoginForm(Model model) {
    User user = new User();
    model.addAttribute("user", user);
    return "login"; // Refers to login.jsp under WEB-INF/jsp/
}

// Handle login form submission
@PostMapping("/login")
public String login(@RequestParam String email,
                    @RequestParam String password,
```

```java
                      @RequestParam(required = false) String redirect,  //
Optional redirect URL
                      HttpSession session,
                      Model model) {
    // Authenticate the user with email and password
    User user = userService.authenticate(email, password);

    if (user != null) {
        // If authentication is successful, store user in session
        session.setAttribute("user", user);

        // Redirect to the original page (video) if the redirect URL is
provided
        if (redirect != null && !redirect.isEmpty()) {
            return "redirect:/" + redirect;
        }
        // Otherwise, redirect to the home page
        return "redirect:/index";
    } else {
        // If authentication fails, show an error message
        model.addAttribute("error", "Invalid email or password");
        return "login";
    }
}

// Handle user logout
@GetMapping("/logout")
public String logout(HttpSession session) {
    // Invalidate the session to log the user out
    session.invalidate();
    return "redirect:/index";  // Redirect to the login page after logout
}

@GetMapping("/api/getSessionAttributes")
@ResponseBody
public Map<String, Object> getSessionAttributes(HttpSession session) {
    User user = (User) session.getAttribute("user");
    Map<String, Object> response = new HashMap<>();
    if (user != null) {
        response.put("isLoggedIn", true);
        response.put("fname", user.getFname());  // Send the first name
    } else {
        response.put("isLoggedIn", false);
    }
    return response;
}

@PostMapping("/adduser")
```

```java
    public String addUser(@Valid @ModelAttribute User user, BindingResult
result, Model model) {
        if (result.hasErrors()) {
            return "adduser";  // Return back to form if validation errors
exist
        }
        User savedUser = userService.saveUser(user);
        if (savedUser != null) {
            model.addAttribute("status", "User added successfully.");
            return "redirect:/adduser";
        } else {
            model.addAttribute("status", "Failed to add user.");
            return "adduser";
        }
    }


    @GetMapping("/users/update/{id}")
    public String updateUser(@PathVariable("id") Long id, Model model) {
        Optional<User> user = userService.getUserById(id);
        model.addAttribute("user", user);
        return "update_user"; // Ensure this template exists
    }


    @PostMapping("/users/update")
    public String updateUser(@ModelAttribute User user, Model model) {
        User updatedUser = userService.updateUser(user); // Update the user
        model.addAttribute("user", updatedUser);
        return "redirect:/data"; // Redirect to the data.html page
    }



    @GetMapping("/users/delete/{id}")
    public String deleteUser(@PathVariable("id") Long id) {
        userService.deleteUserById(id);
        return "redirect:/data"; // Redirect back to the list of users
    }


    @GetMapping("/reset_password")
    public String showResetPasswordPage(HttpSession session, ModelMap model) {
        try {
            String email = (String) session.getAttribute("email");
            if (email != null) {
                model.addAttribute("email", email);
                return "reset_password";
            } else {
                session.setAttribute("message", "Invalid session. Please try
again.");
                return "redirect:/forgot";
            }
```

```java
        } catch (Exception e) {
            e.printStackTrace(); // Log the exception
            session.setAttribute("message", "An error occurred: " +
e.getMessage());
            return "redirect:/forgot";
        }
    }
    @PutMapping("/reset_password")
    @ResponseBody
    public Map<String, String> resetPassword1(@RequestBody Map<String, String>
request) {
        String email = request.get("email");
        String newPassword = request.get("password");
        String confirmPassword = request.get("confirmPassword");

        Map<String, String> response = new HashMap<>();

        if (!newPassword.equals(confirmPassword)) {
            response.put("success", "false");
            response.put("message", "Passwords do not match");
            return response;
        }

        boolean updated = userService.updatePassword(email, newPassword);

        if (updated) {
            response.put("success", "true");
            response.put("message", "Password updated successfully");
        } else {
            response.put("success", "false");
            response.put("message", "Failed to update password");
        }
        return response;
    }
}
```

AdminController.java

```java
package com.ojt.project.controller;

import org.springframework.beans.factory.annotation.Autowired;
import org.springframework.web.bind.annotation.*;

import com.ojt.project.service.AdminUserService;

@RestController
@RequestMapping("/api/admin")
public class AdminController {
```

```java
    @Autowired
    private AdminUserService adminUserService;

    @PostMapping("/login")
    public boolean login(@RequestParam String email, @RequestParam String
password) {
        return adminUserService.validateUser(email, password);
    }
}
```

AttendanceController.java

```java
package com.ojt.project.controller;

import org.springframework.beans.factory.annotation.Autowired;
import org.springframework.http.ResponseEntity;
import org.springframework.web.bind.annotation.*;

import com.ojt.project.entity.Attendance;
import com.ojt.project.repository.AttendanceRepository;

import java.util.List;

@RestController
@RequestMapping("/api/attendance")
public class AttendanceController {
    @Autowired
    private AttendanceRepository attendanceRepository;

    @PostMapping
    public ResponseEntity<Attendance> saveAttendance(@RequestBody Attendance
attendance) {
        Attendance savedAttendance = attendanceRepository.save(attendance);
        return ResponseEntity.ok(savedAttendance);
    }

    @GetMapping
    public List<Attendance> getAllAttendances() {
        return attendanceRepository.findAll();
    }
}
```

WorkoutVideoController.java

```java
package com.ojt.project.controller;

import org.springframework.beans.factory.annotation.Autowired;
import org.springframework.http.HttpStatus;
```

```java
import org.springframework.http.ResponseEntity;
import org.springframework.web.bind.annotation.*;

import com.ojt.project.entity.WorkoutVideo;
import com.ojt.project.service.WorkoutVideoService;

import java.util.List;
import java.util.Optional;

@RestController
@RequestMapping("/workouts")
public class WorkoutVideoController {

    private final WorkoutVideoService workoutService;

    @Autowired
    public WorkoutVideoController(WorkoutVideoService workoutService) {
        this.workoutService = workoutService;
    }

    // Fetch all workouts (GET request)
    @GetMapping
    public ResponseEntity<List<WorkoutVideo>> getAllWorkouts() {
        List<WorkoutVideo> workouts = workoutService.getAllWorkouts();
        return new ResponseEntity<>(workouts, HttpStatus.OK);
    }

    // Fetch workout by category and type (GET request)
    @GetMapping("/workoutdetails")
    public ResponseEntity<List<WorkoutVideo>> getWorkoutsByCategoryAndType(
            @RequestParam String workoutCategory,
            @RequestParam String workoutType) {
        List<WorkoutVideo> workouts =
workoutService.getWorkoutsByCategoryAndType(workoutCategory, workoutType);
        if (workouts.isEmpty()) {
            return new ResponseEntity<>(HttpStatus.NO_CONTENT);
        }
        return new ResponseEntity<>(workouts, HttpStatus.OK);
    }

    // Add new workout (POST request)
    @PostMapping("/add")
    public ResponseEntity<WorkoutVideo> addWorkout(@RequestBody WorkoutVideo
workoutVideo) {
        try {
            WorkoutVideo savedWorkout =
workoutService.saveWorkout(workoutVideo);
            return new ResponseEntity<>(savedWorkout, HttpStatus.CREATED);
        } catch (Exception e) {
```

```java
                return new ResponseEntity<>(null,
HttpStatus.INTERNAL_SERVER_ERROR);
        }
    }


    @DeleteMapping("/delete/{id}")
    public ResponseEntity<String> deleteWorkout(@PathVariable Long id) {
        WorkoutVideo workoutVideo = workoutService.getWorkoutById(id);
        if (workoutVideo != null) {
            workoutService.deleteWorkout(id);
            return ResponseEntity.ok("Workout deleted successfully.");
        } else {
            return ResponseEntity.status(HttpStatus.NOT_FOUND).body("Workout
not found.");
        }
    }
}
```

ForgotController.java

```java
package com.ojt.project.controller;

import java.util.Random;
import org.springframework.beans.factory.annotation.Autowired;
import org.springframework.stereotype.Controller;
import org.springframework.web.bind.annotation.PostMapping;
import org.springframework.web.bind.annotation.RequestMapping;
import org.springframework.web.bind.annotation.RequestParam;
import com.ojt.project.service.EmailService;

import jakarta.servlet.http.HttpSession;

@Controller
public class ForgotController {
    Random random = new Random();

    @Autowired
    private EmailService emailService;

    @RequestMapping("/forgot")
    public String openEmailForm() {
        return "forgot";
    }
    @PostMapping("/send-otp")
    public String sendOTP(@RequestParam("email") String email, HttpSession
session) {
        System.out.println("EMAIL " + email);
```

```java
        // Generate OTP of 6 digits
        int otp = 100000 + random.nextInt(900000); // Ensure 6 digits
        System.out.println("OTP " + otp);

        // Sending OTP via email
        String subject = "Fit4Life: Your OTP for Password Reset";
        String message = "Your OTP is: " + otp;
        boolean flag = emailService.sendEmail(subject, message, email);

        if (flag) {
            // Store OTP in session
            session.setAttribute("myOtp", otp);
            session.setAttribute("email", email);
            session.setAttribute("message", "OTP has been sent successfully to
your email."); // Success message

            // Redirect to OTP verification page
            return "redirect:/verify-otp";
        } else {
            // If email sending fails, return to forgot password page
            session.setAttribute("message", "Failed to send OTP. Please check
your email address.");
            return "redirect:/forgot";
        }
    }

    @RequestMapping("/verify-otp")
    public String openVerifyOtpForm() {
        return "verify_otp";
    }

    @PostMapping("/verify-otp")
    public String verifyOtp(@RequestParam("otp") Integer otp, HttpSession
session) {
        Integer myOtp = (Integer) session.getAttribute("myOtp");
        String email = (String) session.getAttribute("email");

        if (myOtp != null && myOtp.equals(otp)) {
            // Proceed to reset password page or logic
            return "redirect:/reset_password";
        } else {
            // If OTP is incorrect
            session.setAttribute("message", "Invalid OTP. Please try again.");
            return "redirect:/verify_otp";
        }
    }

}
```

ContactController.java

```java
package com.ojt.project.controller;

import org.springframework.beans.factory.annotation.Autowired;
import org.springframework.http.HttpStatus;
import org.springframework.http.ResponseEntity;
import org.springframework.web.bind.annotation.*;

import com.ojt.project.entity.ContactForm;
import com.ojt.project.service.ContactService;

import java.util.List;

@RestController
@RequestMapping("/api")
@CrossOrigin(origins = "*") // Allow all origins, adjust as needed
public class ContactController {

    private final ContactService contactService;

    @Autowired
    public ContactController(ContactService contactService) {
        this.contactService = contactService;
    }

    // Submit Contact Form
    @PostMapping("/submitContactForm")
    public ResponseEntity<String> submitContactForm(@RequestBody ContactForm
contactForm) {
        contactService.saveContactForm(contactForm);
        return new ResponseEntity<>("Form submitted successfully!",
HttpStatus.OK);
    }

    // Fetch All Contact Forms
    @GetMapping("/getAllContactForms")
    public ResponseEntity<List<ContactForm>> getAllContactForms() {
        List<ContactForm> contactForms = contactService.getAllContactForms();
        return new ResponseEntity<>(contactForms, HttpStatus.OK);
    }

    // Delete a Contact Form by ID
    @DeleteMapping("/deleteContactForm/{id}")
    public ResponseEntity<String> deleteContactForm(@PathVariable Long id) {
        contactService.deleteContactFormById(id);
        return new ResponseEntity<>("Contact Form deleted successfully!",
HttpStatus.OK);
    }
```

```java
    // Handle exceptions
    @ExceptionHandler
    public ResponseEntity<String> handleException(Exception e) {
        return new ResponseEntity<>("An error occurred: " + e.getMessage(),
HttpStatus.INTERNAL_SERVER_ERROR);
    }
}
```

WorkoutVideo.java

```java
package com.ojt.project.entity;

import jakarta.persistence.Column;
import jakarta.persistence.Entity;
import jakarta.persistence.GeneratedValue;
import jakarta.persistence.GenerationType;
import jakarta.persistence.Id;
import jakarta.persistence.Table;

@Entity
@Table(name = "workout")
public class WorkoutVideo {

    @Id
    @GeneratedValue(strategy = GenerationType.IDENTITY)
    @Column(name = "workout_id")
    private Long workoutId;

    @Column(name = "workout_category", nullable = false)
    private String workoutCategory;

    @Column(name = "workout_type", nullable = false)
    private String workoutType;

    @Column(name = "workout_name", nullable = false)
    private String workoutName;

    @Column(name = "instructions", columnDefinition = "TEXT")
    private String instructions;

    @Column(name = "focus_area")
    private String focusArea;

    @Column(name = "common_mistakes")
    private String commonMistakes;

    @Column(name = "breathing_tips")
```

```java
    private String breathingTips;

    @Column(name = "animation_url")
    private String animationUrl;

    @Column(name = "muscles_url")
    private String musclesUrl;

    @Column(name = "how_to_do_url")
    private String howToDoUrl;

    public Long getWorkoutId() {
        return workoutId;
    }

    public void setWorkoutId(Long workoutId) {
        this.workoutId = workoutId;
    }

    public String getWorkoutCategory() {
        return workoutCategory;
    }

    public void setWorkoutCategory(String workoutCategory) {
        this.workoutCategory = workoutCategory;
    }

    public String getWorkoutType() {
        return workoutType;
    }

    public void setWorkoutType(String workoutType) {
        this.workoutType = workoutType;
    }

    public String getWorkoutName() {
        return workoutName;
    }

    public void setWorkoutName(String workoutName) {
        this.workoutName = workoutName;
    }

    public String getInstructions() {
        return instructions;
    }

    public void setInstructions(String instructions) {
        this.instructions = instructions;
```

```java
    }

    public String getFocusArea() {
        return focusArea;
    }

    public void setFocusArea(String focusArea) {
        this.focusArea = focusArea;
    }

    public String getCommonMistakes() {
        return commonMistakes;
    }

    public void setCommonMistakes(String commonMistakes) {
        this.commonMistakes = commonMistakes;
    }

    public String getBreathingTips() {
        return breathingTips;
    }

    public void setBreathingTips(String breathingTips) {
        this.breathingTips = breathingTips;
    }

    public String getAnimationUrl() {
        return animationUrl;
    }

    public void setAnimationUrl(String animationUrl) {
        this.animationUrl = animationUrl;
    }

    public String getMusclesUrl() {
        return musclesUrl;
    }

    public void setMusclesUrl(String musclesUrl) {
        this.musclesUrl = musclesUrl;
    }

    public String getHowToDoUrl() {
        return howToDoUrl;
    }

    public void setHowToDoUrl(String howToDoUrl) {
        this.howToDoUrl = howToDoUrl;
    }
```

```
}
```

User.java

```java
package com.ojt.project.entity;

import jakarta.persistence.Entity;
import jakarta.persistence.GeneratedValue;
import jakarta.persistence.GenerationType;
import jakarta.persistence.Id;
import jakarta.persistence.Table;




@Entity
@Table(name = "users")
public class User {

    @Id
    @GeneratedValue(strategy = GenerationType.IDENTITY)
    private Long id;

    private String fname;
    private String lname;
    private String dob;
    private String gender;
    private String phone;
    private String email;
    private String password;

    // Getters and Setters
    public Long getId() {
        return id;
    }
    public void setId(Long id) {
        this.id = id;
    }
    public String getFname() {
        return fname;
    }
    public void setFname(String fname) {
        this.fname = fname;
    }
    public String getLname() {
        return lname;
    }
    public void setLname(String lname) {
        this.lname = lname;
```

```java
        }
    public String getDob() {
        return dob;
    }
    public void setDob(String dob) {
        this.dob = dob;
    }
    public String getGender() {
        return gender;
    }
    public void setGender(String gender) {
        this.gender = gender;
    }
    public String getPhone() {
        return phone;
    }
    public void setPhone(String phone) {
        this.phone = phone;
    }
    public String getEmail() {
        return email;
    }
    public void setEmail(String email) {
        this.email = email;
    }
    public String getPassword() {
        return password;
    }
    public void setPassword(String password) {
        this.password = password;
    }
    public User(Long id, String fname, String lname, String dob, String
gender, String phone, String email,
            String password) {
        super();
        this.id = id;
        this.fname = fname;
        this.lname = lname;
        this.dob = dob;
        this.gender = gender;
        this.phone = phone;
        this.email = email;
        this.password = password;
    }
    public User() {
        // TODO Auto-generated constructor stub
    }
    @Override
    public String toString() {
```

```java
        return "User [id=" + id + ", fname=" + fname + ", lname=" + lname + ",
dob=" + dob + ", gender=" + gender
                + ", phone=" + phone + ", email=" + email + ", password=" +
password + ", getId()=" + getId()
                + ", getFname()=" + getFname() + ", getLname()=" + getLname()
+ ", getDob()=" + getDob()
                + ", getGender()=" + getGender() + ", getPhone()=" +
getPhone() + ", getEmail()=" + getEmail()
                + ", getPassword()=" + getPassword() + ", getClass()=" +
getClass() + ", hashCode()=" + hashCode()
                + ", toString()=" + super.toString() + "]";
    }


}
```

WorkoutVideoRepository.java

```java
package com.ojt.project.repository;

import org.springframework.data.jpa.repository.JpaRepository;
import org.springframework.data.jpa.repository.Query;
import org.springframework.data.repository.query.Param;
import org.springframework.stereotype.Repository;

import com.ojt.project.entity.WorkoutVideo;

import java.util.List;

@Repository
public interface WorkoutVideoRepository extends JpaRepository<WorkoutVideo,
Long> {
    @Query("SELECT w FROM WorkoutVideo w WHERE w.workoutCategory =
:workoutCategory AND w.workoutType = :workoutType")
    List<WorkoutVideo>
findByWorkoutCategoryAndWorkoutType(@Param("workoutCategory") String
workoutCategory, @Param("workoutType") String workoutType);
}
```

UserRepository.java

```java
package com.ojt.project.repository;

import org.springframework.data.jpa.repository.JpaRepository;
import org.springframework.stereotype.Repository;
import com.ojt.project.entity.User;
import java.util.Optional;
```

```java
@Repository
public interface UserRepository extends JpaRepository<User, Long> {
    Optional<User> findByEmail(String email);
    Optional<User> findByEmailAndPassword(String email, String password);
}
```

WorkoutVideoServiceImpl.java

```java
package com.ojt.project.service.impl;

import org.springframework.beans.factory.annotation.Autowired;
import org.springframework.stereotype.Service;

import com.ojt.project.entity.WorkoutVideo;
import com.ojt.project.repository.WorkoutVideoRepository;
import com.ojt.project.service.WorkoutVideoService;

import java.util.List;
import java.util.Optional;

@Service
public class WorkoutVideoServiceImpl implements WorkoutVideoService {

    private final WorkoutVideoRepository workoutRepository;

    @Autowired
    public WorkoutVideoServiceImpl(WorkoutVideoRepository workoutRepository) {
        this.workoutRepository = workoutRepository;
    }

    // Get all workouts
    @Override
    public List<WorkoutVideo> getAllWorkouts() {
        return workoutRepository.findAll();
    }

    // Get workouts by category and type
    @Override
    public List<WorkoutVideo> getWorkoutsByCategoryAndType(String workoutCategory, String workoutType) {
        return
workoutRepository.findByWorkoutCategoryAndWorkoutType(workoutCategory,
workoutType);
    }

    // Get workout by ID
    @Override
    public WorkoutVideo getWorkoutById(Long id) {
        Optional<WorkoutVideo> workoutVideo = workoutRepository.findById(id);
```

```java
        return workoutVideo.orElse(null);
    }

    // Save or update workout
    @Override
    public WorkoutVideo saveWorkout(WorkoutVideo workoutVideo) {
        return workoutRepository.save(workoutVideo);
    }

    // Delete workout by IDs
    @Override
    public void deleteWorkout(Long id) {
        workoutRepository.deleteById(id);
    }
}
```

WorkoutVideoService.java

```java
package com.ojt.project.service;

import java.util.List;

import com.ojt.project.entity.WorkoutVideo;

public interface WorkoutVideoService {
    // Fetch all workouts
    List<WorkoutVideo> getAllWorkouts();

    // Fetch workouts by category and type
    List<WorkoutVideo> getWorkoutsByCategoryAndType(String workoutCategory,
String workoutType);

    // Fetch a workout by ID
    WorkoutVideo getWorkoutById(Long id);

    // Save (insert or update) a workout
    WorkoutVideo saveWorkout(WorkoutVideo workoutVideo);


    // Delete a workout
    void deleteWorkout(Long id);
}
```

EmailService.java

```java
package com.ojt.project.service;
```

```java
import jakarta.mail.MessagingException;
import jakarta.mail.internet.MimeMessage;

import org.springframework.beans.factory.annotation.Autowired;
import org.springframework.mail.MailException;
import org.springframework.mail.javamail.JavaMailSender;
import org.springframework.mail.javamail.MimeMessageHelper;
import org.springframework.stereotype.Service;
import org.slf4j.Logger;
import org.slf4j.LoggerFactory;

@Service
public class EmailService {

    private static final Logger logger =
LoggerFactory.getLogger(EmailService.class);

    @Autowired
    private JavaMailSender mailSender;

    public boolean sendEmail(String subject, String body, String to) {
        boolean isSent = false;

        MimeMessage message = mailSender.createMimeMessage();
        try {
            MimeMessageHelper helper = new MimeMessageHelper(message,
MimeMessageHelper.MULTIPART_MODE_MIXED, "UTF-8");

            helper.setFrom("fit4life201301@gmail.com");
            helper.setTo(to);
            helper.setSubject(subject);
            helper.setText(body, false); // Set to true for HTML content

            mailSender.send(message);
            isSent = true;

            logger.info("Email sent successfully to: {}", to);

        } catch (MessagingException e) {
            logger.error("MessagingException while sending email: {}",
e.getMessage());
        }
catch (MailException e) {
            logger.error("MailException while sending email: {}",
e.getMessage());
        }
catch (Exception e) {
            logger.error("Unexpected error while sending email: {}",
e.getMessage());
```

```
        }

        return isSent;
    }
}
```

UserService.java

```java
package com.ojt.project.service;

import org.springframework.beans.factory.annotation.Autowired;
import org.springframework.stereotype.Service;
import com.ojt.project.repository.UserRepository;
import com.ojt.project.entity.User;

import java.util.List;
import java.util.Optional;

@Service
public class UserService {

    @Autowired
    private UserRepository userRepository;


    // Method to authenticate user by email and password
    public User authenticate(String email, String password) {
        Optional<User> userOptional =
userRepository.findByEmailAndPassword(email, password);

        // Check if user exists with the given email and password
        return userOptional.orElse(null); // Return user if found, or null if
authentication fails
    }


    // Method to update a user's details
    public User updateUser(User user) {
        return userRepository.save(user); // Save and return the updated user
    }

    // Method to delete a user by ID
    public boolean deleteUserById(Long id) {
        if (userRepository.existsById(id)) {
            userRepository.deleteById(id);
            return true;
        } else {
```

```java
            return false; // Could throw an exception instead of returning
false
        }
    }

    // Method to get a user by ID
    public Optional<User> getUserById(Long id) {
        return userRepository.findById(id);
    }

    // Save a new user to the database
    public User saveUser(User user) {
        return userRepository.save(user);
    }


 public boolean updatePassword(String email, String newPassword) {
        try {
            Optional<User> userOptional = userRepository.findByEmail(email);
            if (userOptional.isPresent()) {
                User user = userOptional.get();
                user.setPassword(newPassword); // Consider encrypting the
password here
                userRepository.save(user);
                return true;
            } else {
                System.out.println("User not found with email: " + email);
                return false;
            }
        }
 catch (Exception e) {
            System.err.println("Error updating password: " + e.getMessage());
            e.printStackTrace();
            return false;
        }
    }

    // Method to get all users
    public List<User> getAllUsers() {
        return userRepository.findAll();
    }

    public Optional<User> findById(Long id) {
        // TODO Auto-generated method stub
        return null;
    }

}
```

application.properties

```properties
# Application name
spring.application.name=Fit4Life

spring.profiles.active=${ENV:dev}
spring.web.cors.allowed-origins=https://fit4life-team-6-
production.up.railway.app
spring.web.cors.allowed-methods=GET,POST,PUT,DELETE,OPTIONS

# Uncomment and set the port if you want to change the default server port
(8080)
# server.port=8080

spring.mail.host=smtp.gmail.com
spring.mail.port=587
spring.mail.username=fit4life201301@gmail.com
spring.mail.password=zzwt qvnp pmqa tnqg
spring.mail.properties.mail.smtp.auth=true
spring.mail.properties.mail.smtp.starttls.enable=true
spring.mail.properties.mail.smtp.starttls.required=true


# Logging and monitoring (optional)
#logging.level.org.springframework.web=DEBUG
#management.endpoints.web.exposure.include=*
#management.endpoint.health.show-details=always
```

pom.xml

```xml
<?xml version="1.0" encoding="UTF-8"?>
<project xmlns="http://maven.apache.org/POM/4.0.0"
         xmlns:xsi="http://www.w3.org/2001/XMLSchema-instance"
         xsi:schemaLocation="http://maven.apache.org/POM/4.0.0
https://maven.apache.org/xsd/maven-4.0.0.xsd">


<modelVersion>4.0.0</modelVersion>


<parent>
    <groupId>org.springframework.boot</groupId>
    <artifactId>spring-boot-starter-parent</artifactId>
    <version>3.3.3</version>
    <relativePath/> <!-- You can remove this if it's not needed -->
  </parent>

  <groupId>com.adit</groupId>
```

```xml
<artifactId>Gaurav</artifactId>

  <version>0.0.1-SNAPSHOT</version>
  <name>Gaurav</name>
  <description>Demo project for Spring Boot</description>

  <properties>
    <java.version>17</java.version>
  </properties>

  <dependencies>
    <!-- Actuator for monitoring and management -->
    <dependency>
      <groupId>org.springframework.boot</groupId>
      <artifactId>spring-boot-starter-actuator</artifactId>
    </dependency>

    <!-- Thymeleaf template engine -->
    <dependency>
      <groupId>org.springframework.boot</groupId>
      <artifactId>spring-boot-starter-thymeleaf</artifactId>
    </dependency>

    <!-- Validation dependency -->
    <dependency>
      <groupId>org.springframework.boot</groupId>
      <artifactId>spring-boot-starter-validation</artifactId>
    </dependency>

    <!-- Jakarta Persistence API -->
    <dependency>
      <groupId>jakarta.persistence</groupId>
      <artifactId>jakarta.persistence-api</artifactId>
    </dependency>

    <!-- Spring Web for building web applications -->
    <dependency>
      <groupId>org.springframework.boot</groupId>
      <artifactId>spring-boot-starter-web</artifactId>
    </dependency>

    <!-- Spring Data JPA for ORM and database interaction -->

<dependency>
      <groupId>org.springframework.boot</groupId>
      <artifactId>spring-boot-starter-data-jpa</artifactId>
    </dependency>

    <!-- MySQL connector for database connection -->
```

```xml
<dependency>
        <groupId>mysql</groupId>
        <artifactId>mysql-connector-java</artifactId>
        <version>8.0.33</version>
        <scope>runtime</scope>
    </dependency>


<!-- DevTools for live reload -->
    <dependency>
        <groupId>org.springframework.boot</groupId>
        <artifactId>spring-boot-devtools</artifactId>
        <scope>runtime</scope>
        <optional>true</optional>
    </dependency>

<!-- Spring Boot testing dependencies -->
    <dependency>
        <groupId>org.springframework.boot</groupId>
        <artifactId>spring-boot-starter-test</artifactId>
        <scope>test</scope>
    </dependency>

<!-- Spring Boot Starter Mail for email services -->
    <dependency>
        <groupId>org.springframework.boot</groupId>
        <artifactId>spring-boot-starter-mail</artifactId>

</dependency>
    <dependency>
    <groupId>org.thymeleaf</groupId>
    <artifactId>thymeleaf-spring5</artifactId>
    <version>3.0.12.RELEASE</version>
  </dependency>
  </dependencies>

<build>

    <plugins>
      <plugin>
        <groupId>org.springframework.boot</groupId>
        <artifactId>spring-boot-maven-plugin</artifactId>
      </plugin>

    </plugins>

  </build>
</project>
```

13. APPENDIX B SCREENSHOT OF PROJECT

Home Page:
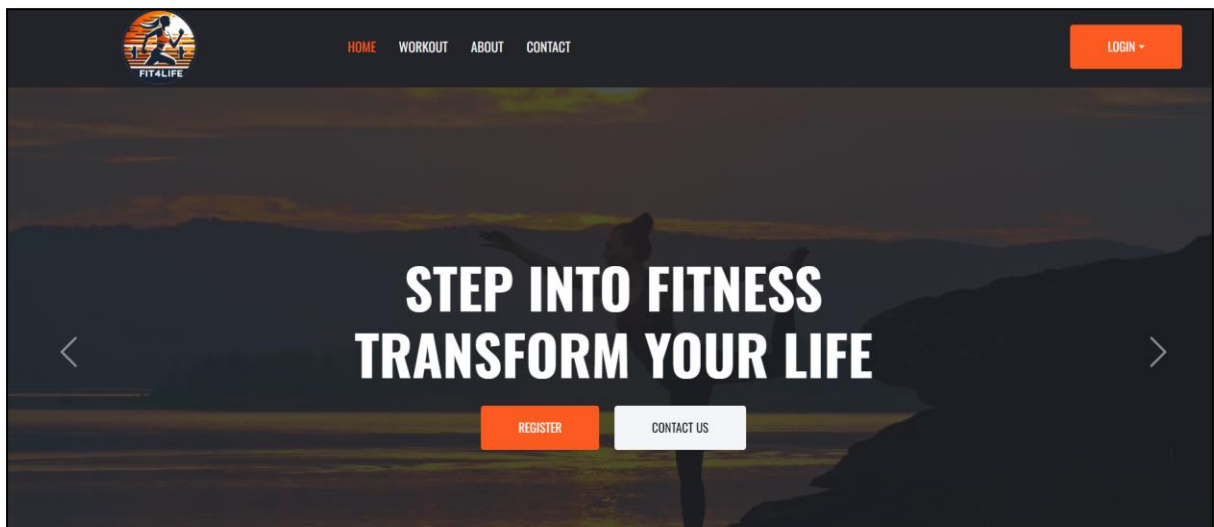
Workout Page:
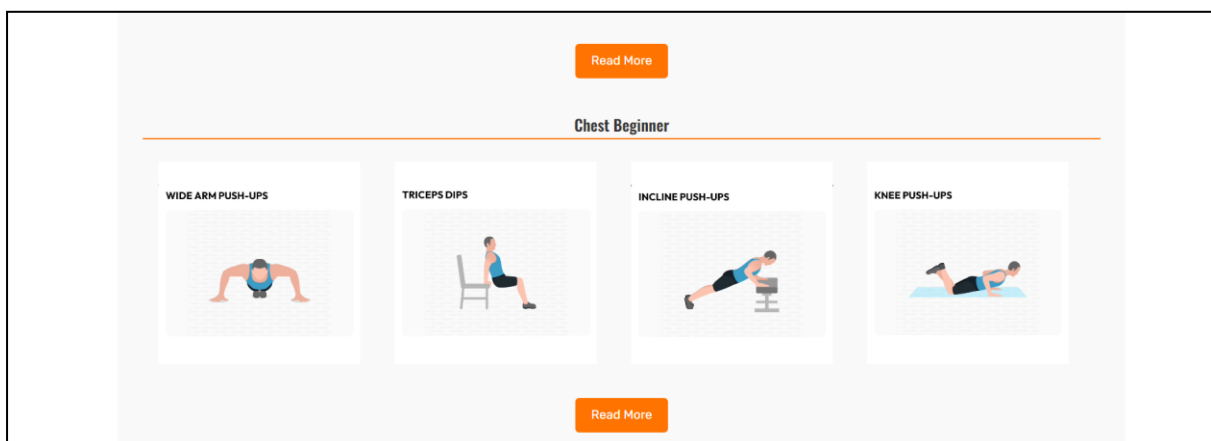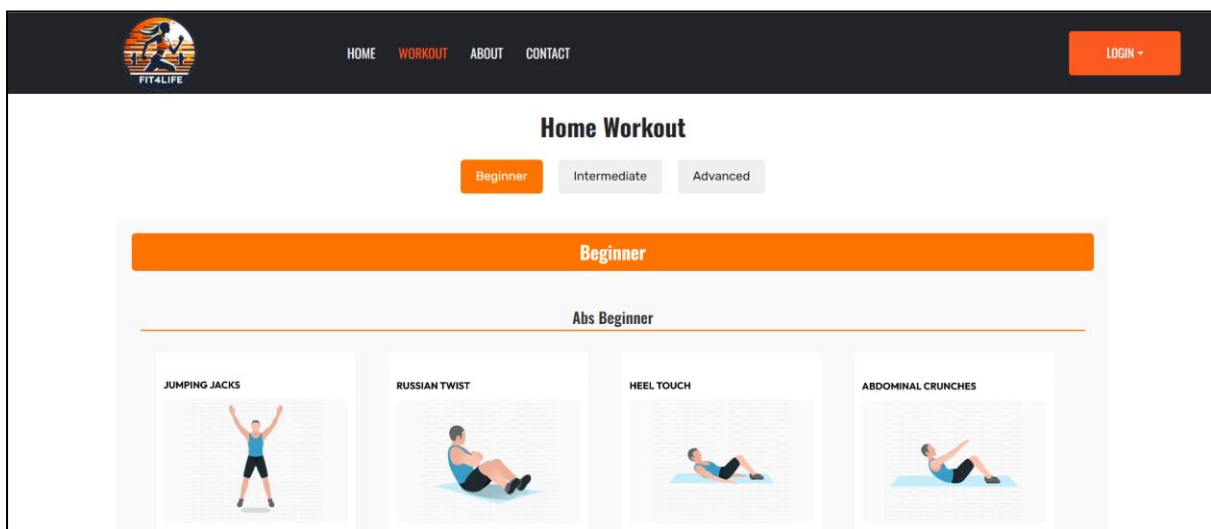
About Page:
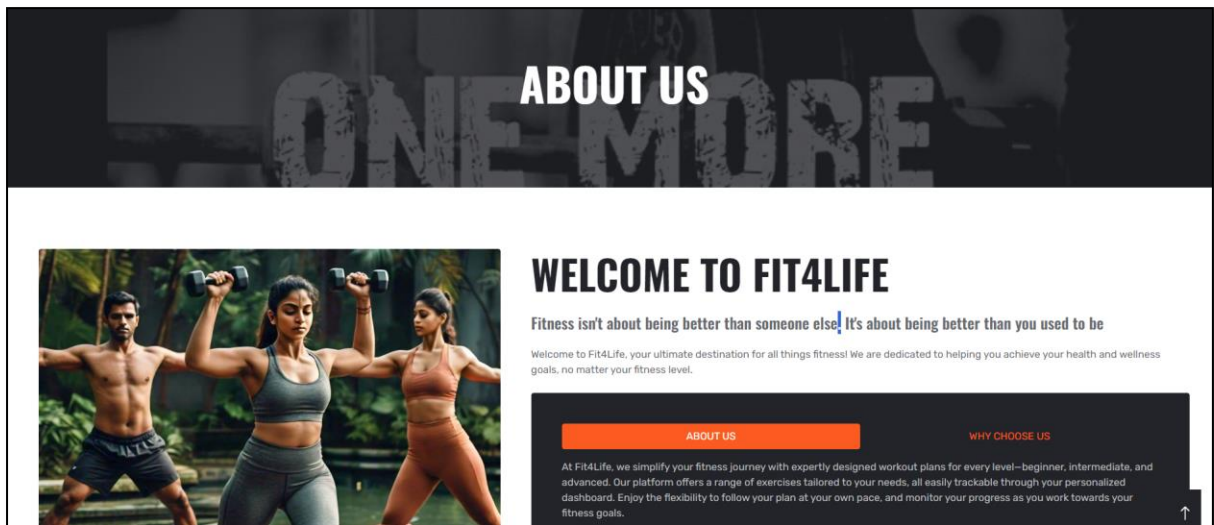
Contact Page:
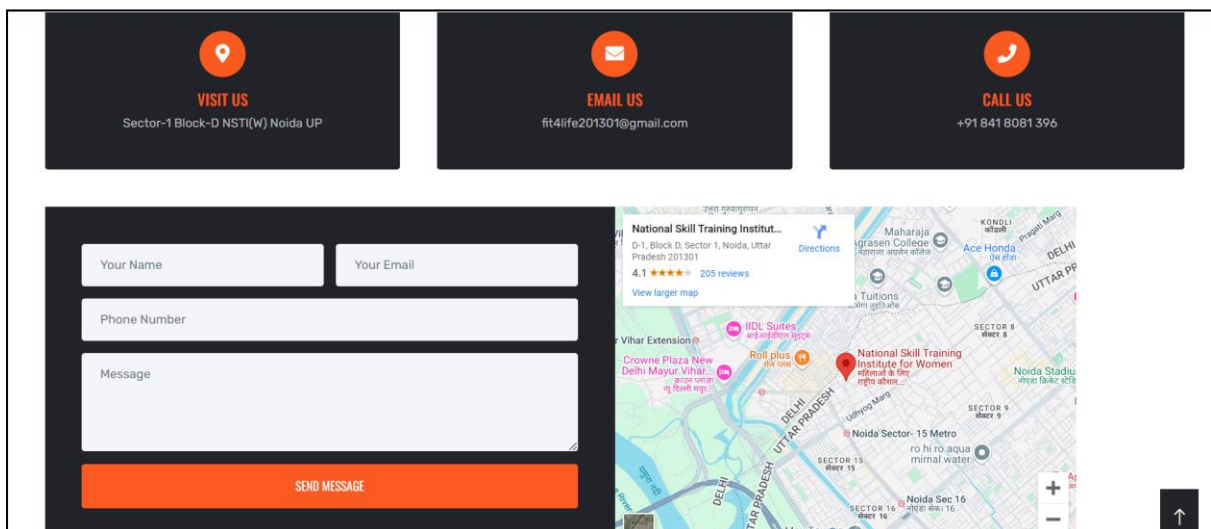
Signup Page:
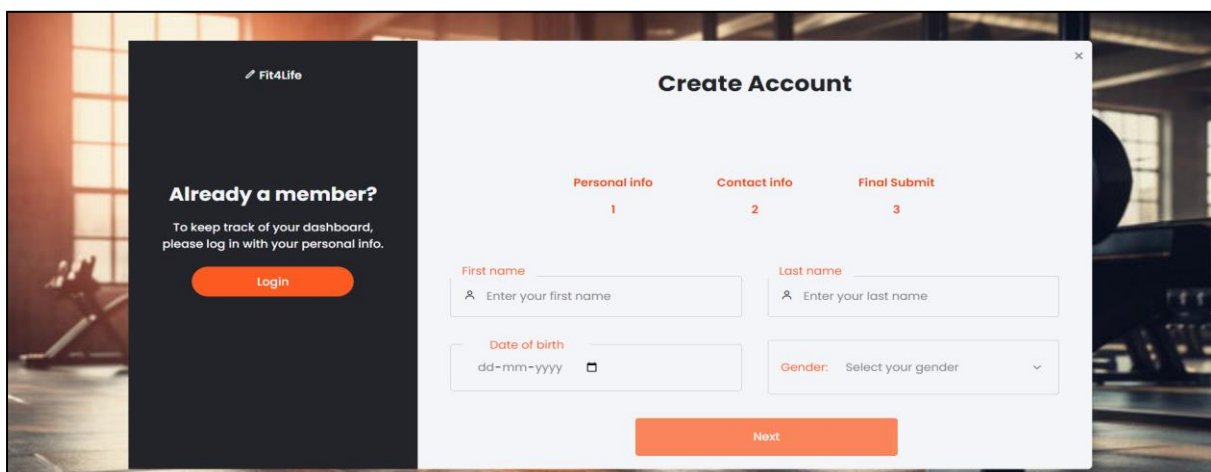
Login Page:
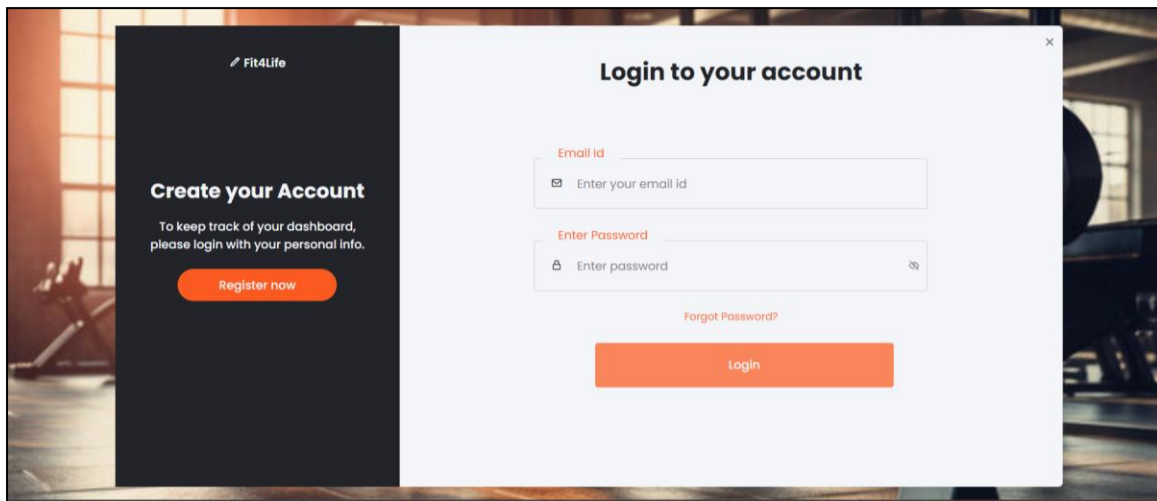
## VideoPage:
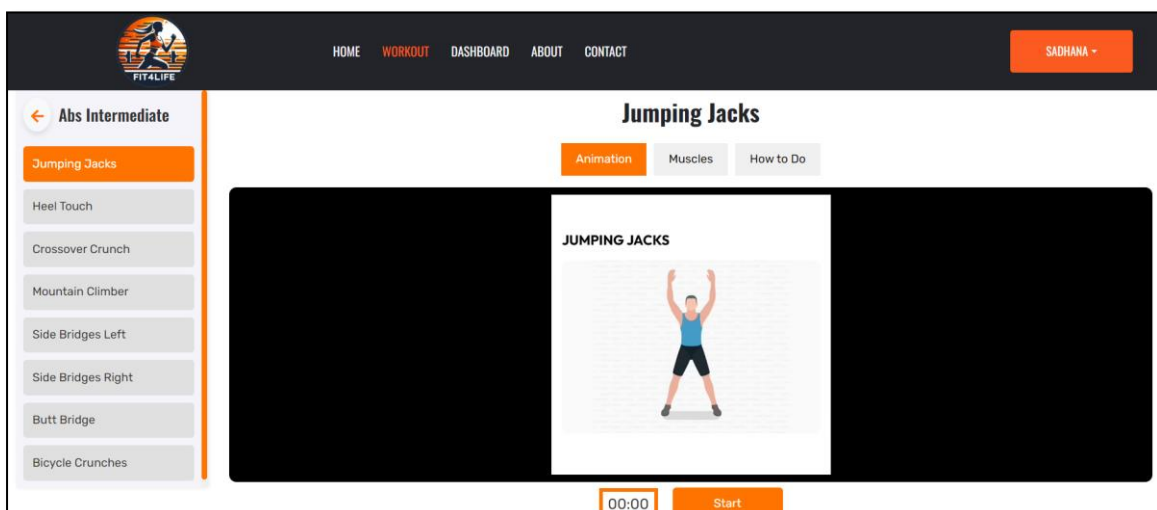
User Dashboard Page:

Admin Login Page:

Admin Page:

## Add Workout Page:

Workout Table Page:

Add User Page:

User Table Page:

14. REFERENCES

http://www.youtube.com/@LeapFitnessOfficial

https://play.google.com/store/apps/details?id=homeworkout.homeworkouts.noequipment&pcampaignid=web_share

https://docs.spring.io/spring-boot/documentation.html

https://www.javatpoint.com/spring-boot-tutorial

https://www.geeksforgeeks.org/spring-boot/

GITHUB LINK: https://github.com/sadhana-12345/Fit4Life-Team-6

HOSTED LINK: https://fit4life-team-6-production.up.railway.app/