A green logo with a building and text

AI-generated content may be incorrect.

**Group Members**:

Faisal Fahad Alhimiyre 2135639

Hamza Mohammed 2237832

**Instructor**: Dr. Fouad Alallah

**Introduction**

**Problem Statement**:  
Many gym users struggle to create personalized workout plans that align with their fitness goals and the equipment available at their gyms. The process is often manual, unstructured, and lacks guidance on time efficiency and traffic within gyms. These users also find it difficult to estimate their total workout time, especially when considering potential waiting periods for equipment.

**Project Solution**:  
Our website, **Fitness Time**, aims to solve this by offering a simple platform where users can select workouts based on targeted body areas (e.g., chest, upper, lower body, push/pull splits). The site dynamically calculates workout durations and estimated wait times, then presents the user with a summary plan. This enables users to plan efficiently and avoid gym crowd-related delays. The solution is implemented using HTML, CSS, and JavaScript with proper structure, styling, and interactivity.

**Website Components**:

* **Pages**: Home, Contact Us, Workout Planner, Plan Selector (whichplan.html), Chest, Upper Body Plan, Lower Body Plan, Push/Pull Plan, Summary Plan.
* **Navigation**: All pages include consistent navigation bars with internal linking.
* **Images**: Represent the workout categories and are clickable
* **Content**:
  + **Home**: Explains services, client list, and system benefits.
  + **Contact**: Basic information.
  + **Plan Selector**: Users choose what area to target.
  + **Workout Pages**: Allow exercise selection with time details.
  + **Summary Page**: Displays the selected exercises and total estimated workout time.

**HTML Formatting**:

* Lists: Used in the Home page for services and clients.
* Tables: Used in upper workout.html and others for listing exercises.
* Forms: Not applicable (checkboxes used for selection).
* Internal Linking: Included in image redirects and navigation.
* Semantic Tags: <article>, <section> not heavily used but appropriate headers and paragraphs structure the content.

**CSS Usage**:

* **External Styles**: Lab4.css, style.css linked in all pages.
* **General Classes**: .headd, .headings, .image-wrapper, etc.
* **Layering**: Used in images via z-index for image foreground/background effects.
* **Shadows/Borders**: Defined in both Lab4.css and style.css.
* **Menu System**: Implemented as a nav bar styled via CSS.

**JavaScript Usage**:

* **Dynamic Text & Tables**: Populated exercise tables based on selections.
* **Form Validation**: Not explicitly required in this version, though data handling is robust.
* **Functions and Events**: Used for confirming the workout plan and redirecting.
* **Control Statements**: Used in workout-planner.js for time calculations.

**Sitemap**

* Home (home.html)
* Contact Us (contact.html)
* Plan Selector (whichplan.html)
  + Upper Body (upper.html → upper workout.html)
  + Lower Body (lower workout.html)
  + Chest (chest.html)
  + Push/Pull (push.html)
  + Specific Muscle (specific-muscle.html)
* Summary (workout-plan.html)

**GitHub Repository & Contributions**

* **Repository** : https://github.com/HamzaSa1t/HTML1.git
* **Instructor Invite Sent**: fsalallah@kau.edu.sa

**Conclusion**

Our website provides a foundational yet functional fitness planning tool using core web technologies. The system showcases strong HTML/CSS structure, JavaScript interactivity. With further enhancements like real-time gym traffic or user login systems, it can evolve into a comprehensive gym assistant platform.