<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Elite Personal Training</title>

<style>

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background: #111;

color: white;

text-align: center;

}

header {

background: #ff0000;

padding: 20px;

font-size: 24px;

font-weight: bold;

}

.hero {

padding: 50px;

background: url('fitness\_bg.jpg') no-repeat center center/cover;

height: 500px;

display: flex;

align-items: center;

justify-content: center;

font-size: 36px;

font-weight: bold;

text-shadow: 2px 2px 10px rgba(0, 0, 0, 0.8);

}

.cta {

background: #ff0000;

padding: 20px;

margin: 20px;

font-size: 20px;

font-weight: bold;

display: inline-block;

cursor: pointer;

border-radius: 10px;

}

.section {

padding: 50px;

}

.footer {

background: #222;

padding: 20px;

}

</style>

</head>

<body>

<header>Elite Personal Training</header>

<div class="hero">Transform Your Body & Mind</div>

<div class="section">

<h2>Why Train With Me?</h2>

<p>NASM Certified | Degree in Exercise Science | Proven Results</p>

<div class="cta">Start Your Transformation</div>

</div>

<div class="section">

<h2>What I Offer</h2>

<p>✅ Online & In-Person Training<br>✅ Customized Workouts & Meal Plans<br>✅ Guaranteed Progress Tracking</p>

</div>

<div class="section">

<h2>Client Success Stories</h2>

<p>"I lost 20 lbs in 3 months! Best decision ever!" - Alex</p>

<p>"Gained muscle and confidence with his training!" - Jamie</p>

</div>

<div class="section">

<h2>Book Your Free Consultation</h2>

<p>Only a few spots left this month!</p>

<div class="cta">Claim Your Spot Now</div>

</div>

<div class="footer">Follow me on Instagram | Contact: <a href="mailto:your@email.com">your@email.com</a></div>

</body>

</html>