

## 1 Responsive Pages

- iPad Pro
- MacBook Pro 13inch
- iPad Mini

## 2 Accessibility

The following apply to the entire page:

- 


**MUSCLES BY MIKAYLA**

**3-Day Plan**  
A series of 3 full-body workouts! A superb option for efficient, effective fitness gains in minimal time.

**4-Day Plan**  
A push, pull, and two-legged combo! Mix strength, sculpting, and sweat for energy-efficient workouts.

**5-Day Plan**  
Double upper and double lower + a sweaty HIIT mix! Achieve head-turning results and boss-level goals!"

**Welcome to Muscles by Mikayla**  
We understand that the gym can be a daunting place. That's why



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WebAIM

web accessibility evaluation tool

Address: <https://malsopp.github.io/pui-homework-ter>

Styles: OFF ☐ ON ☒

Summary

Summary Details Reference Order Structure Contrast

15 Errors 0 Contrast Errors

4 Alerts 3 Features

14 Structural Elements 0 ARIA

View details

Congratulations! No errors were detected! Manual testing is still necessary to ensure compliance and optimal accessibility.

The following apply to the entire page:

\*en\*

# 3-Day Plan

For the hustlers who conquer life's challenges while squeezing in some gym time. This plan packs a punch in just 3 days, giving you maximum gains with minimal fuss.

## Day 1

Full Body Workout: Strength Training

- Back Squats
- Bench Press
- Deadlifts
- Lat Pull Downs
- Goblet Squats
- Incline Bench Press

- 4 sets by 8-10 reps
- 4 sets by 8-10 reps
- 3 sets by 10-12 reps
- 4 sets by 8-10 reps
- 4 sets by 8-10 reps
- 3 sets by 10-12 reps

## Day 2

Full Body Workout: Strength Training

## Day 3


Full Body Workout: Strength Training

```

<div class="exercise">
  <ul class="exerciseList" id="exerciseListOne">
    <li data-video="backSquat" alt="Back Squat">
      <input type="checkbox" id="checkbox1" class="checkboxListOne">
        <label for="checkbox1" data-video="backSquat">
          Back Squats
        </label>
      </li>
    <li data-video="benchPress" alt="Bench Press">
      <input type="checkbox" id="checkbox2" class="checkboxListOne">
        <label for="checkbox2" data-video="benchPress">
          Bench Press
        </label>
      </li>
    </ul>
  </div>

```

**Important to note:** When the checkboxes populate dynamically, they all contain the same input type which is where the error derives from. This is not an error. Each checkbox has a unique ID and each exercise and video they are associated with have an alt attribute detailing which workout it is.



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Address: <https://malsopp.github.io/pui-homework-ter>

Styles: OFF ☐ ON ☒

Summary

Summary Details Reference Order Structure Contrast

0 Errors 0 Contrast Errors

0 Alerts 2 Features


16 Structural Elements 0 ARIA

View details


Congratulations! No errors were detected! Manual testing is still necessary to ensure compliance and optimal accessibility.

The following apply to the entire page:

\*en\*



MUSCLES BY MIKAYLA



# 4-Day Plan

You've got the energy, and you want to use it wisely. Our 4-day plan is for those who like to mix it up- strength, sculpting, and a sprinkle of sweat.

Stay tuned for upcoming workout videos! In the meantime, explore our [3-Day Plan](#) to kickstart your fitness journey.

```

<html lang="en">
<head>
  <base href="https://malsopp.github.io/pui-homework-template-malsopp/solution-Final/details2.html">
  <meta charset="UTF-8">
  <!-- Font -->
  <link rel="preconnect" href="https://fonts.googleapis.com">
  <link rel="preconnect" href="https://fonts.gstatic.com" crossorigin="">
  <link href="https://fonts.googleapis.com/css2?family=Poppins:wght@200&display=swap" rel="stylesheet">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>

```

The following apply to the entire page:

Address: <https://malsopp.github.io/pui-homework-ter>

Styles: OFF ON

Summary

Summary Details Reference Order Structure Contrast

Errors: 0

Contrast Errors: 0

Alerts: 0

Features: 2

Structural Elements: 19

ARIA: 0

View details

Congratulations! No errors were detected! Manual testing is still necessary to ensure compliance and optimal accessibility.

<https://wave.webaim.org/report#>

MUSCLES BY MIKAYLA

Revolutionize your fitness in just 5 days! Push your limits with 2 leg days, power through push-pull sessions, and ignite fat burn with HIIT. Elevate to your best shape now!

h1 5-Day Plan

h2 Stay tuned for upcoming workout videos! In the meantime, explore our [3-Day Plan](#) to kickstart your fitness journey.

```
<html lang="en">
<head>
  <base href="https://malsopp.github.io/pui-homework-template-malsopp/solution-Final/details3.html">
  <meta charset="UTF-8">
  <!-- Font -->
  <link rel="preconnect" href="https://fonts.googleapis.com">
  <link rel="preconnect" href="https://fonts.gstatic.com" crossorigin="">
  <link href="https://fonts.googleapis.com/css2?family=Poppins:wght@200&display=swap" rel="stylesheet">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
</head>
```

### 3 Write-up

(1) **Part 1:** In 300 words describe your website (We will stop reading at 300 words, so please be concise). Include the following:

- What is the purpose of your website?

My website is called Muscles by Mikayla. It is an opportunity for novice gym goers to gain first-hand experience with a seasoned weightlifter myself! Through curated 3-day, 4-day, and 5-day workout plans, users can choose the plan that best fits their personal needs. On each respective page, users will find a carefully crafted workout plan consisting of compound, isolation, and accessory lifts. When the respective exercise is clicked, a demonstrative video with written instructions pops up on a modal to show users the best way to practice the movement, as if with a real personal trainer.

- What information do you convey with your website?

With my website, I want to provide the technical information necessary for handling intimidating gym equipment, such as barbells and dumbbells. Often people go into the gym and do not have a set plan, know what workouts to do, for how long, or with the proper form; this results in gym anxiety, discouragement, and ultimately gym attrition. With my website, the information I provide is simple to understand and easy to follow for any beginner looking to get into working out.

- How is it interesting and engaging?

My website contains personalized videos of myself engaging in each workout. With that, comes easy to read text descriptions of the proper ways to engage in the workout. Users also receive acknowledgement of completion at the end of completing all the workouts in

a day's plan, instilling positive reinforcement and encouraging them to return the next time to practice another workout.

– Who is the target audience?

The target audience is people who are new to the gym, but intermediate and advanced gym goers may find the content on my webpage appealing as it offers carefully crafted workouts that can be scaled up or down based on experience.

(2) **Part 2:** Use a bulleted list to describe how a user would interact with your website. For each item in your list, state

- On the homepage: Read the introductory “Welcome to Muscles by Mikayla”
- Click on 3-Day Plan in the navigation bar: **(to mitigate slow computer processing, this 3-Day plan is the only one which contains the linked videos and descriptive text)**
- Please note the animated elements of the 3-Day title entering the page
- Navigate to the Day 1 Workout Plan
- Click on the Back Squats checkbox
- If you're curious, try out the workout
- Click on “Exit Workout” and select the checkbox of the following workout
- Continue Steps 4-6 until you get to the final workout “Plank”
- At the end of this workout, you will see the completion modal
- Return to homepage

(3) **Part 3:** Describe what external tool you used (JavaScript library, Web API, animations, or other). Following the bulleted list format below, reply to each of the prompts. (We will stop reading at the 4th sentence, so please be concise)

- I decided to use animate.css to integrate animations onto my webpage. Despite the highly interactive nature of the personalized videos, I felt that the pages were stagnant. As a result, I decided to use the slide-in feature on the H1 elements of each workout plan. While small, this offered an element of surprise to the participants that they were not expecting. It makes them interested in seeing what are the other capabilities of the page.
- The slide in elements guides focus and establishes a visual hierarchy, prompting users to prioritize essential information on the screen, which is ideal for H1 headers). This attention-grabbing quality makes the interface more engaging and enhances the overall user experience.

(4) **Part 4:** Describe how you iterated on your prototypes, if at all, including any changes you made to your original design while you were implementing your website. (4-8 sentences max)

The biggest iteration in my design from the Figma prototypes to the final deliverable was the integration of modals. Rather than simply having the functionality of each video taking over the whole screen as with a media player, I thought it would be more fitting to have an exercise modal that pops up in the middle of the screen. This way users can still be mindful of what other workouts to expect next and reminders of the amount of reps and sets expected. The completion modal which pops up once all the checkboxes in a day are selected was a final iterations decision to appeal to the ethos of attending the gym. It can be a daunting and discouraging space so a friendly reminder by Muscle by Mikayla can encourage gym retention.

(5) **Part 5:** What challenges did you experience in implementing your website? (2-4 sentences max)

The hardest part of implementing my website was dynamically populating the checkboxes and having each individual workout day respond to all the checkboxes being selected and prompting the completion modal. In my class presentation, I did not foresee this issue because I had only completed one day, therefore, all the boxes were checked and the modal popped up. However, once I completed the exercise plans for each day in the 3-Day Plan, it was difficult to iterate.