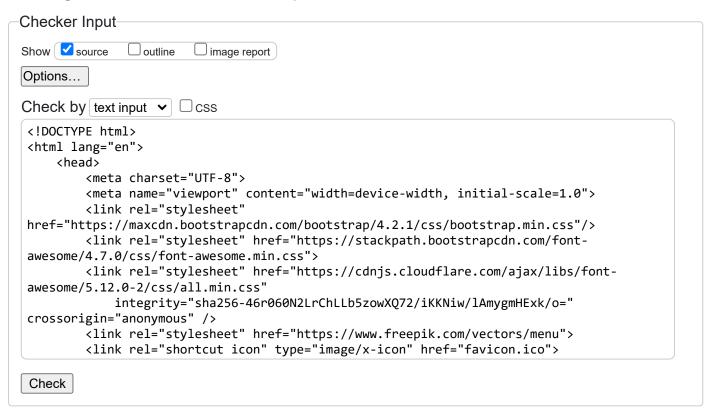
# Nu Html Checker

This tool is an ongoing experiment in better HTML checking, and its behavior remains subject to change

# Showing results for contents of text-input area



Use the Message Filtering button below to hide/show particular messages, and to see total counts of errors and warnings.

## Message Filtering

1. Warning The document is not mappable to XML 1.0 due to two consecutive hyphens in a comment.

```
At line 19, column 19
```

2. Warning The document is not mappable to XML 1.0 due to two consecutive hyphens in a comment.

3. Warning Section lacks heading. Consider using h2 h6 elements to add identifying headings to all sections.

```
From line 63, column 17; to line 63, column 53

<section class="header-footer pb-3 ">←
```

4. Warning The document is not mappable to XML 1.0 due to two consecutive hyphens in a comment.

### Document checking completed.

### Source

```
1. <!DOCTYPE html>←
 2.
    <html lang="en">↔
 3.
        <head>←
 4.
            <meta charset="UTF-8">↔
 5.
            <meta name="viewport" content="width=device-width, initial-scale=1.0">↔
 6.
            <link rel="stylesheet"</pre>
    href="https://maxcdn.bootstrapcdn.com/bootstrap/4.2.1/css/bootstrap.min.css"/>↔
 7.
            <link rel="stylesheet" href="https://stackpath.bootstrapcdn.com/font-</pre>
    awesome/4.7.0/css/font-awesome.min.css">↔
 8.
            <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-</pre>
    awesome/5.12.0-2/css/all.min.css"↔
 9.
                integrity="sha256-46r060N2LrChLLb5zowXQ72/iKKNiw/lAmygmHExk/o="
    crossorigin="anonymous" />↩
            <link rel="stylesheet" href="https://www.freepik.com/vectors/menu">↔
10.
            <link rel="shortcut icon" type="image/x-icon" href="favicon.ico">←
11.
            <link rel="icons"</pre>
12.
    href="https://unpkg.com/boxicons@2.0.7/css/boxicons.min.css" >↔
13.
            <script src="https://code.iconify.design/1/1.0.7/iconify.min.js">
    </script>↩
14.
            <link rel="stylesheet" href="./assets/css/style.css">←
15.
            <title>Talita - Personal Trainer</title>←
16.
        </head>↔
17.
        <body>←
18.
            <header>←
                <!----<mark>-</mark>----->↔
19.
20.
                <nav class="navbar navbar-expand-md navbar-dark fixed-top">←
21.
                    <span class="navbar-subtitle mobhide">Personal Trainer/>pan>↔
22.
                    <!-- Text LOGO -->↔
23.
                    <a class="navbar-brand desktophide" href="index.html">Talita
    Cagnoni</a>←
24.
                    <!-- Image LOGO -->↔
25.
                    <a href="index.html" class="navbar-brand float-left mobhide" >
    <img src="./assets/images/logo-talita.png" alt="Logo" title="Logo"></a>↔
26.
                    <button class="navbar-toggler" type="button" data-</pre>
27.
    toggle="collapse" data-target="#navbarResponsive" >←
28.
                    <span class="navbar-toggler-icon"></span>←
29.
                    </button>←
30. ←
                    <div class="collapse navbar-collapse " id="navbarResponsive">↔
31.
32.
                        ←
                            class="nav-item">↔
33.
                                <a href="index.html" class="nav-link</pre>
34.
    active">Home</a>↔
                            ↩
35.
```

```
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                                     Showing results for contents of text-input area - Nu Html Checker
     36.
                                   class="nav-item">←
     37.
                                       <a href="#training" class="nav-link">Training</a>↔
     38.
                                   ↔
     39.
                                   class="nav-item">←
                                       <a href="#about" class="nav-link">About</a>↔
     40.
     41.
                                   ←
                                   class="nav-item">↔
     42.
     43.
                                       <a href="#contact" class="nav-link">Contact</a>↔
     44.
                                   ↩
     45.
                               ←
     46.
                          </div>↔
     47.
                      </nav>↔
     48.
                  <!----<mark>-</mark>--==== Hero Image & Heading =====---->↔
     49.
                      <div class="landing">←
     50.
                          <div class="home-wrap">↔
     51.
                              <div class="home-inner"></div>←
     52.
                          </div>←
     53.
                      </div>←
     54.
                      <div class="col-12 caption">←
     55.
                          <h1 class="text-light text-uppercase pb-3 pb-md-4">Wanna get fit
         in no time?</h1>↔
     56.
                          <br>→
     57.
                          <h3 class="text-light text-uppercase md-4">Better with a
         <span>Professional</span></h3>←
     58.
                          <h3 class="text-light text-uppercase pb-4 pb-md-4">↔
     59.
                              helping you step by step!</h3>↔
     60.
     61.
                          <a href="#training" class="btn btn-outline-light btn-lg">Get
         Started</a>↔
     62.
                          <br>→
     63.
                          <section class="header-footer pb-3 ">←
                              <div class="social">↩
     64.
     65.
                                   <a href="https://www.facebook.com/" target=" blank"><i</pre>
         class="fab fa-facebook fa-2x"></i></a>↔
     66.
                                   <a href="https://www.instagram.com/" target="_blank"><i</pre>
         class="fab fa-instagram fa-2x"></i></a>↔
                                   <a href="https://web.whatsapp.com/" target="_blank"><i</pre>
     67.
         class="fab fa-whatsapp fa-2x"></i></a>↔
                                   <a href="https://web.telegram.org/" target="_blank"><i</pre>
     68.
         class="fab fa-telegram fa-2x"></i></a>↔
     69.
                              </div>↔
     70.
                          </section>←
     71.
                      </div>
     72.
     73.
     74. ←
     75.
                  </header>←
     76.
                  <!----<mark>-</mark>--==== Training Container =====---->↔
     77.
     78.
                  <div id="training" class="offset pt-4">←
     79.
     80.
                      <div class="container">←
     81.
                          <div>←
     82.
                              <h2 class="mt-4 pt-4 pb-1 mb-4 training">Training
         Programs</h2>↔
     83.
                           </div>←
     84.
                          <div class="row mb-2">←
     85.
                              <div class="col-md-6">←
     86.
                                   <div class="row no-gutters border rounded overflow-hidden</pre>
         flex-md-row mb-4 shadow-sm h-md-250 position-relative">↔
     87.
                                       <div class="col p-4 d-flex flex-column">←
     88.
                                           <strong class="d-inline-block mb-2 text-</pre>
         primary">Pilates Recover</strong>↔
     89.
                                           <h3 class="mb-2">Feel Great Again!</h3>↔
     90.
                                           <div class="flex-row">↔
     91.
                                                <img class="img-thumbnail"</pre>
         src="./assets/images/recover.jpg" alt="">↔
```

```
92.
                                        Reclaim your
    body after a traumatic injury with this program.
←
93.
                                        <br>>←
94.
                                         Rehabilitation (or Clinical) Pilates has
    been specifically developed for use by clinically trained professionals, so
    physiotherapists or Sports Therapists.↔
95.
96.
                                        The exercises work to target the deep
    postural muscles of the tummy and spine improving spinal mobility and general
    flexibility from the whole body. Providing also a better postural awareness. \leftrightarrow
97.
                                        ←
98.
                                        It helps to increase awareness of your
    body and improve your movement quality and control. It is particularly suitable
    for you if you suffer with back or neck pain or have suffered a specific injury
    or have a long standing condition such as arthritis and also a great way of
    preventing injuries or preparing for sport. ↔
99.
                                       ←
100.
101.
                                        ←
102.
                                            <span><strong>"All progress takes place
    outside the comfort zone."</strong> </span> ↔
103.
                                               Michael John Bobak↔
104.
                                        ←
105.
                                    </div>↩
106.
                                </div>↩
107. ←
108.
                            </div>↔
109.
                        </div>←
110.
                        <div class="col-md-6">←
111.
                            <div class="row no-gutters border rounded overflow-hidden</pre>
    flex-md-row mb-4 shadow-sm h-md-250 position-relative">↔
112.
                                <div class="col p-4 d-flex flex-column">←
113.
                                    <strong class="d-inline-block mb-2 text-</pre>
    success">Pilates</strong>↔
114.
                                    <h3 class="mb-2">Strong Core!</h3>↔
115.
                                    <div class="flex-row">→
116.
                                        <img class="img-thumbnail"</pre>
    src="./assets/images/pilates.jpg" alt="">↔
117.
                                        You'll get
    stronger, more sculpted muscles and gain flexibility. You will definitely have
    better posture and a better sense of well-being.
←
118.
                                       <br>→
119.
                                        Pilates is famous for its quick path to
    build high body flexibility because it is one of the most indicated exercises for
    strengthening and toning the muscles. However, not only flexibility will be the
    outcome of Pilates practice, but strength gains will also be noticeable in the
    legs and arm. Another benefit that will be earned through Pilates is a better
    posture due to various positions and movements that can activate the core relying
    on the extremities to command loads to the core. ↔
120.
                                        ←
121.
                                        Beyond producing massive bodily changes
    all related to the physical structure Pilates also provide an additional benefit
    because it helps the practitioners to have a better metal "shape" helping them to
    deal properly with anxiety and stress once the main exercises relate to
    breathing, stretching and relaxing. ←
122.
                                        ←
123.
                                        It may seem like an overstatement, but it
    is not: Pilates can avoid and treat everything at once.
124.
125.
                                        ←
126.
                                            <span><strong>"The body achieves what the
    mind believes."</strong> </span> ↔
127.
                                               Author Unkown↔
128.
                                        ←
129.
                                    </div>←
130.
                                </div>←
131. ←
```

```
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                                   Showing results for contents of text-input area - Nu Html Checker
    132.
                                 </div>↔
    133.
                             </div>←
    134.
                             <div class="col-md-6">←
    135.
                                 <div class="row no-gutters border rounded overflow-hidden</pre>
        flex-md-row mb-4 shadow-sm h-md-250 position-relative">←
    136.
                                     <div class="col p-4 d-flex flex-column">←
                                        <strong class="d-inline-block mb-2 text-</pre>
    137.
        danger">Online</strong>←
    138.
                                         <h3 class="mb-2">Anywhere & Anytime!</h3>↔
    139.
                                         <div class="flex-row">↔
    140.
                                             <img class="img-thumbnail"</pre>
        src="./assets/images/online.jpg" alt="">↔
                                             Usually, Pilates
    141.
        classes will take about 30 minutes to an hour to conclude, but it is possible to
        have a quicker training doing basics moves.
←
    142.
                                             <br>→
    143.
                                             <strong>Good for beginners?</strong> Yes.
        You can start easy and progressively growing according to your own ritmn.
        Beginners should start with basics exercises and only after a while jumps into
        the advanced ones. \leftarrow
    144.
                                            ←
    145.
                                             You can practice on exercise mat, not
        necessarily in a gym or studio, but also at home, even though you might not have
        any special equipment and the Personal Trainer can supervise you. \leftrightarrow
    146.
                                            ←
    147.
    148.
                                             ←
    149.
                                                 <span><strong>"We are what we repeatedly
        do. Excellence then is not an act but a habit."</strong> </span> ↔
    150.
                                                   Aristotle↩
    151.
                                             ←
    152.
                                         </div>↩
    153.
                                    </div>↔
    154. ←
    155.
                                 </div>←
    156.
                             </div>←
    157.
                             <div class="col-md-6">←
    158.
                                 <div class="row no-gutters border rounded overflow-hidden</pre>
        flex-md-row mb-4 shadow-sm h-md-250 position-relative">↔
    159.
                                    <div class="col p-4 d-flex flex-column">←
    160.
                                         <strong class="d-inline-block mb-2 text-</pre>
        info">Personilized</strong>↔
    161.
                                         <h3 class="mb-2">Mix up your training!</h3>↔
    162.
                                         <div class="flex-row">←
    163.
                                             <img class="img-thumbnail"</pre>
        src="./assets/images/mix-up.jpg" alt="">↔
    164.
                                             Completely
        tailored program mixed up with any other train such as aerobic. It's focused in
        your own goals.↩
    165.
                                             <br>
<
    166.
                                             You can tailor Pilates to your individual
        needs, therefore it is a good addition to your aerobic workout.
    167.
                                            It helps the stabilization of the lumbar
        spine, improves breathing technique, body awareness and also helps balance and
        body alignment.↔
    168.
                                             <strong>It's great for who?</strong> For
        all groups of ages, from young children to old adults. For Loss of Weight,
        Pregnant, Treatment of health issues like heart disease, high blood pressure,
        high cholesterol, Parkinson's disease, and also Runners and Athletes. \leftrightarrow
    169.
                                            ←
    170.
                                            ←
    171.
                                                 <span><strong>"Basically, it's for
        EVERYONE!</strong></span> ↔
    172.
                                             ←
    173.
                                         </div>↔
    174.
                                    </div>←
   175. ←
```

Thank you for from the bottom of my heart for such

fabulous service and care! <span class="iconify" data-icon="bx-bxs-quote-alt-

←

https://validator.w3.org/nu/#textarea

275.

276.

choose to such a variety of styles. ↔

right" data-inline="false"></span>↔

<div class="col-lg-3 col-md-6">←

<i class="far fa-smile-beam"></i></i>

<div class="count-box">←

322. *←* 323.

324.

325.

```
387.
                          <div class="progress-bar" role="progressbar" aria-</pre>
     valuenow="80" aria-valuemin="0" aria-valuemax="100" style="width:80%;"></div>↔
                          </div>←
388.
389.
                      </div>↩
390. ←
391.
                      </div>↔
392. ←
393.
                      <div class="col-lg-6">↔
394. ←
395.
                      <div class="progress">←
396.
                          <span class="skill">Fitness and health management <i</pre>
     class="val">85%</i></span>←
397.
                          <div class="progress-bar-wrap">←
398.
                          <div class="progress-bar" role="progressbar" aria-</pre>
     valuenow="85" aria-valuemin="0" aria-valuemax="100" style="width:85%;"></div>←
399.
                          </div>←
400.
                      </div>←
401. ←
402.
                      <div class="progress">←
403.
                          <span class="skill">Kinesiology <i class="val">90%</i></i>
     </span>←
404.
                          <div class="progress-bar-wrap">←
                          <div class="progress-bar" role="progressbar" aria-</pre>
405.
     valuenow="90" aria-valuemin="0" aria-valuemax="100" style="width:90%;"></div>↔
406.
                          </div>←
407.
                      </div>↩
408. ←
409.
                      <div class="progress">↔
410.
                          <span class="skill">Sports medicine <i class="val">75%</i></i>
     </span>←
411.
                          <div class="progress-bar-wrap">↔
412.
                          <div class="progress-bar" role="progressbar" aria-</pre>
     valuenow="75" aria-valuemin="0" aria-valuemax="100" style="width:75%;"></div>↔
413.
                          </div>←
414.
                      </div>↔
415. ←
416.
                      </div>↔
417. ←
418.
                  </div>↔
419. ←
                 </div><!-- End Skills -->↔
420.
421.
                 <!-- End About --> ↔
422.
                 <br>>←
423.
                 <!-- ====== Contact ====== -->↔
424.
                  <div id="contact" class="about-me container pt-5 mt-5">←
425. ←
426.
                      <div class="section-title pt-5 mt-4 pb-5">←
                          <h2>Contact </h2>↔
427.
428.
                      </div>↔
429. ←
430.
                      <div class="row justify-content-center ">←
                          <div class="col-md-10 " >↔
431.
432.
                          <!-- Form with header -->↔
433.
                              <form class="card">←
434.
                                  <!-- Header -->↔
435.
                                   <div class="form-header purple-gradient"></div>←
436.
437.
                                   <div class="card-body">↔
438.
                                       <!-- Body -->↔
439.
                                       <h3 class="form-title uppercase m-2 pb-4">I'd
     love to hear from you:</h3>↔
440.
                                       <div class="md-form w70">↔
441.
                                           <!-- <i class="fas fa-user prefix grey-text">
     </i> -->↔
442.
                                           <label for="form-name">Name:</label>←
443.
                                           <input type="text" id="form-name"</pre>
     class="form-control" placeholder="Your Name & Surname Here" required>←
```

```
494.
         <script src="https://code.jquery.com/jquery-3.5.1.slim.min.js"</pre>
    integrity="sha384-
    DfXdz2htPH01sSSs5nCTpuj/zy4C+OGpamoFVy38MVBnE+IbbVYUew+OrCXaRkfj"
     crossorigin="anonymous"></script>↔
495.
         <script
     src="https://cdn.jsdelivr.net/npm/popper.js@1.16.1/dist/umd/popper.min.js"
    integrity="sha384-
    9/reFTGAW83EW2RDu2S0VKaIzap3H661ZH81PoY1FhbGU+6BZp6G7niu735Sk71N"
    crossorigin="anonymous"></script>↔
496.
         <script
     src="https://cdn.jsdelivr.net/npm/bootstrap@4.5.3/dist/js/bootstrap.min.js"
    integrity="sha384-
    w1Q4orYjBQndcko6MimVbzY0tgp4pWB41Z71r30WKz0vr/aWKhXdBNmNb5D92v7s"
    crossorigin="anonymous"></script>↔
497.
         <!-- End of Scrip Sources -->↔
498. ←
499.
         </body>←
500. ←
501. </html>
```

Used the HTML parser.

Total execution time 191 milliseconds.

About this checker • Report an issue • Version: 20.12.21