

ABSTRACT

In today's world there are so many people who want to be fit, compete in bodybuilding competitions, lose weight, and burn fat. However, there isn't a proper platform where people can get all the needed information such as workout instructions, lifting technique, diet guidance, fitness plans according to each individual's goals, find cheap dietary supplements and hire trainers/coaches. In this project, we developed a web-app to help people in achieving their fitness goals. The web-app build with HTML, CSS & JavaScript provides users information with regard to fitness, diet, training and membership plans. The project is aimed to provide an efficient, secure and scalable web-app design. Recent technological advances have created enormous opportunities for developing applications that support training from home - particularly for older adults, who often are socially more isolated, are physically less active, and have fewer chances to train in a gym. In this article, the authors review current fitness applications and their features alongside the design challenges and opportunities of fitness applications for trainees at home.

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CHAPTER – 1

INTRODUCTION

1. INTRODUCTION

Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, physical activity, and sufficient rest. Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations. Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. Physical fitness involves the performance of the heart and lungs, and the muscles of the body.

1.1 Objective

The main objective of this project is to provide user friendly website for the clients to access, they can share the valid information and can get their customized training plans. The main purpose of this website is, being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

The website contains the information about the cardio, strength training and calisthenic exercises and guide our clients to achieve their daily nutrition goals that help them to lead their daily routine without any health issues. We, also provide the customized workout plans for our membership clients.

1.2 Scope of the Project

The Scope of the project involves taking care of your body and maintaining an amount of physical activity that is required for good health, but not enough to cause fatigue. The basic components of the physical scope of wellness are diet, rest, and exercise.

The purpose of such websites is to build trust, be an online presence so the interested people can find the required information about your fitness institute online. The fitness studios website will also have pages to describe your services, and serve other relevant information to the prospective clients.

- It satisfies the user requirements
- Be easy to understand by the user and the operator
- Have a good user interface
- Be expandable
- Delivered on schedule within the budget.

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CHAPTER - 2

LITERATURE SURVEY

1. Barnman (1960)

Studied the AAHPER Youth Fitness test battery and administered the test to 78 girls in grade VIII at Mitchell Junior High School. The girls were classified by the Neilson cozens classification index and composed with national norms. The girls were above the average in sit- ups, standing broad jump, 600-yard run/walk, 50-yard dash and shuttle run but below in the soft ball throw and modified pull- ups. The differences were attributed to their physical education programs.

2. Elizabeth (1960)

Prepared the norms of girls age 12, 13, 14 and 15 on the North Carolina AAHPER Tests. The norms were prepared for each of the five test times, sit – ups, side stepping, standing broad jump, modified pull- ups and squat thrusts. The sit- ups item provided differentiation on the percentile scale for each age group. The standing broad jump test provided the greatest ranges and the best differentiation of scores on the percentile scale for the age groups.

The modified pull- ups tests failed to differentiate the lower end of the distribution for all age groups but did not discriminate above the 20th percentile.

3. Singh Amandeep A (2014)

Study of Selected Motor Fitness Variables between Individual and Dual Sport Athletes, the purpose of this study was to compare the motor fitness variables between individual and dual sport athletes. The independent samples t-test was applied to assess the differences between individual and dual sport athletes. The findings of present study revealed significant differences between individual and dual sport athletes with regard to the variable's strength ($p < 0.05$), agility ($p < 0.05$), power ($p < 0.05$), speed ($p < 0.05$) and endurance ($p < 0.05$). While comparing the means, individual sport athletes have been found better on strength, agility, power, speed and endurance.

4. Somasundaram S, Rajkumari Amritha Gowri. A. (2011)

Conducted a study on Mental health status of adolescent students "This study was conducted to know the mental health status of adolescent students in Madurantakam, Kanchipuram Dist. Tamil Nādu. The findings revealed that the majority of the sample has average level of mental health. Students from government aided schools, girls' Schools and children who have parents working in primitive concerns enjoy better health than the others.

5. Penedo, Frank J (2005).

“Exercise and well-being: a review of mental and physical health benefits associated with physical activity”. Purpose of review: This review highlights recent work evaluating the relationship between exercise, physical activity and physical and mental health. Both cross-sectional and longitudinal studies, as well as randomized clinical trials, are included. Special attention is given to physical conditions, including obesity, cancer, cardiovascular disease and sexual dysfunction. Furthermore, studies relating physical activity to depression and other mood states are reviewed. The studies have several implications for clinical practice and research. Most work suggests that exercise and physical activity are associated with better quality of life and health outcomes. Therefore, assessment and promotion of exercise and physical activity may be beneficial in achieving desired benefits across several populations. Several limitations were noted, particularly in research involving randomized clinical trials. These trials tend to involve limited sample sizes with short follow-up periods, thus limiting the clinical implications of the benefits associated with physical activity.

CHAPTER – 3

SYSTEM ANALYSIS

To perform a system analysis on a gym fitness training website, we need to evaluate its various components, functionality, and user experience. Here are some key areas to consider:

User Interface (UI): Assess the website's design, layout, and ease of navigation. Look for user-friendly features such as clear menus, intuitive icons, and a responsive design that adapts well to different screen sizes and devices.

User Experience (UX): Analyze how well the website caters to the needs and expectations of its target audience. Evaluate the flow of user interactions, the clarity of instructions, and the accessibility of features like class schedules, personal training sessions, and membership information.

Registration and Membership: Evaluate the process for new users to sign up and become members. Check if it's straightforward, secure, and captures all the necessary information. Assess the available membership options, including pricing, features, and any restrictions or additional benefits.

Class and Training Management: Review how the website manages gym classes, personal training sessions, and other fitness programs. Look for features like online booking, class schedules, instructor profiles, and the ability to track progress or receive feedback. Additionally, assess if there are any automated notifications or reminders for upcoming sessions.

Payment and Billing: Examine the website's payment system, ensuring it is secure and offers multiple payment options. Evaluate if there are clear explanations of pricing, membership fees, cancellation policies, and any additional charges associated with specific services or facilities.

Social Interaction and Community Building: Assess if the website facilitates social interaction among members, such as user profiles, community forums, or the ability to share achievements and challenges. Look for features that promote a sense of community and encourage engagement among users.

Mobile Responsiveness: Verify if the website is optimized for mobile devices, considering the increasing number of users accessing the internet through smartphones and tablets. The website should provide a seamless experience across different screen sizes and maintain the same functionality as the desktop version.

Performance and Security: Evaluate the website's performance in terms of loading speed, responsiveness, and overall stability. Verify if it has security measures in place to protect user data and transactions, including SSL encryption, secure login procedures, and adherence to privacy regulations.

Analytics and Reporting: Determine if the website incorporates analytics tools to gather user data and generate meaningful reports. These insights can help the gym administrators make informed decisions, such as identifying popular classes, measuring user engagement, and optimizing the website's performance.

By analyzing these aspects, you can identify potential areas for improvement, optimize the user experience, and enhance the overall efficiency and effectiveness of the gym fitness training website

CHAPTER – 4

SYSTEM SPECIFICATION

4.1 Hardware Specifications

- Processor Speed: 833 MHz
- Processor: Intel Pentium-IV System
- Hard Disk: 40 GB HDD
- Ram: 512 MB and above

4.2 Software Specifications

- Operating System: Windows7 and above
- Programming Languages:
 - I. HTML (Hypertext Markup Language): For creating the structure and content of web pages.
 - II. CSS (Cascading Style Sheets): Used for styling and designing web pages.
 - III. JavaScript: Provides interactivity and dynamic functionality on the client-side.

CHAPTER – 5

SYSTEM DESIGN

5.1 System Architecture

An architecture is a design and documentation of web application. This provides a blue print schematic for developers to use when they are building or modifying a computer system. It is important to define the computer architecture before building the web application. The system architecture typically defines a communication networks, security, hardware, and software used by the application. This ensure that all the new system are compatible with the existing computer device. System architecture is to design their computer system. Having a defined architecture ensures that new products and software tools can easily connect to the existing system.

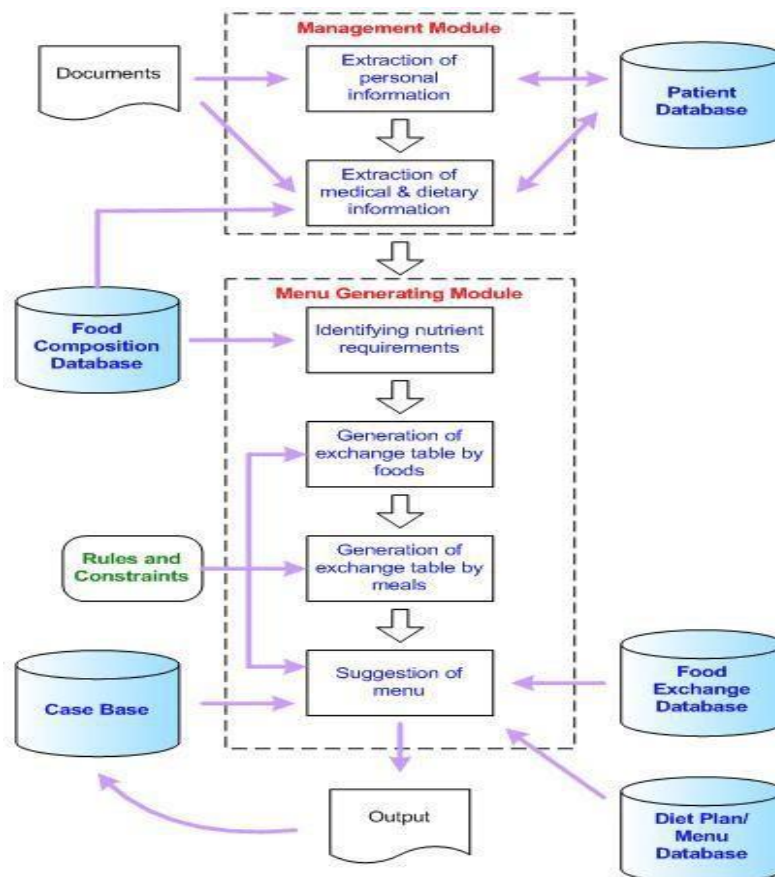


FIGURE 5.1 ARCHITECTURE DIAGRAM

HTML

Hypertext Markup Language (HTML) is the standard markup language for documents designed to be displayed in a web browser. It can be assisted by technologies such as Cascading Style Sheets (CSS) and scripting languages such as JavaScript. Inclusion of CSS defines the look and layout of content. HTML provides a means to create structured documents by denoting structural semantics for text such as headings, paragraphs, lists, links, quotes and other items.

Client-Side

Hypertext Web Browsers: Users interact with the website through their web browsers (e.g., Chrome, Firefox, Safari).

User Interface (UI): The front-end components responsible for presenting the website's content and facilitating user interactions. This includes HTML, CSS, and JavaScript.

Web Server:

Web Server Software: Handles incoming requests from clients and delivers responses. Common web server software includes Apache HTTP Server, Nginx, or Microsoft IIS.

Load Balancer (optional): Distributes incoming requests across multiple servers to ensure scalability and handle increased traffic.

Application Layer:

Web Application: Implements the core logic and functionality of the fitness training website. It receives requests from the web server and generates appropriate responses.

Application Server: Runs the web application code and processes user requests. It interacts with databases, external APIs, and other services.

Application Programming Interface (API): Exposes certain functionalities of the web application to enable integration with other systems or mobile applications.

Data Layer:

Database Management System (DBMS): Stores and manages structured data used by the application. Common choices include MySQL, PostgreSQL, MongoDB, or Amazon DynamoDB.

Database Server: Handles database operations, including storing and retrieving data.

Caching System (optional): Improves performance by storing frequently accessed data in a cache. Popular choices include Redis or Memcached.

External Services:

Payment Gateway: If the website offers paid services or products, it may integrate with a payment gateway (e.g., PayPal, Stripe) to handle secure payment processing.

Content Delivery Network (CDN): Distributes static website content (images, CSS, JavaScript) to various servers worldwide, reducing latency and improving user experience.

Email/SMS Service: Used for sending notifications, password resets, or other communication to users.

Third-Party APIs: Integration with external services such as fitness tracking devices (e.g., Fitbit) or social media platforms for authentication or sharing features

5.1.1 Use Case Diagram

Use-case diagrams describe the high-level functions and scope of a system. These diagrams also identify the interactions between the system and its actors. The use cases and actors in use-case diagrams describe what the system does and how the actors use it, but not how the system operates internally.

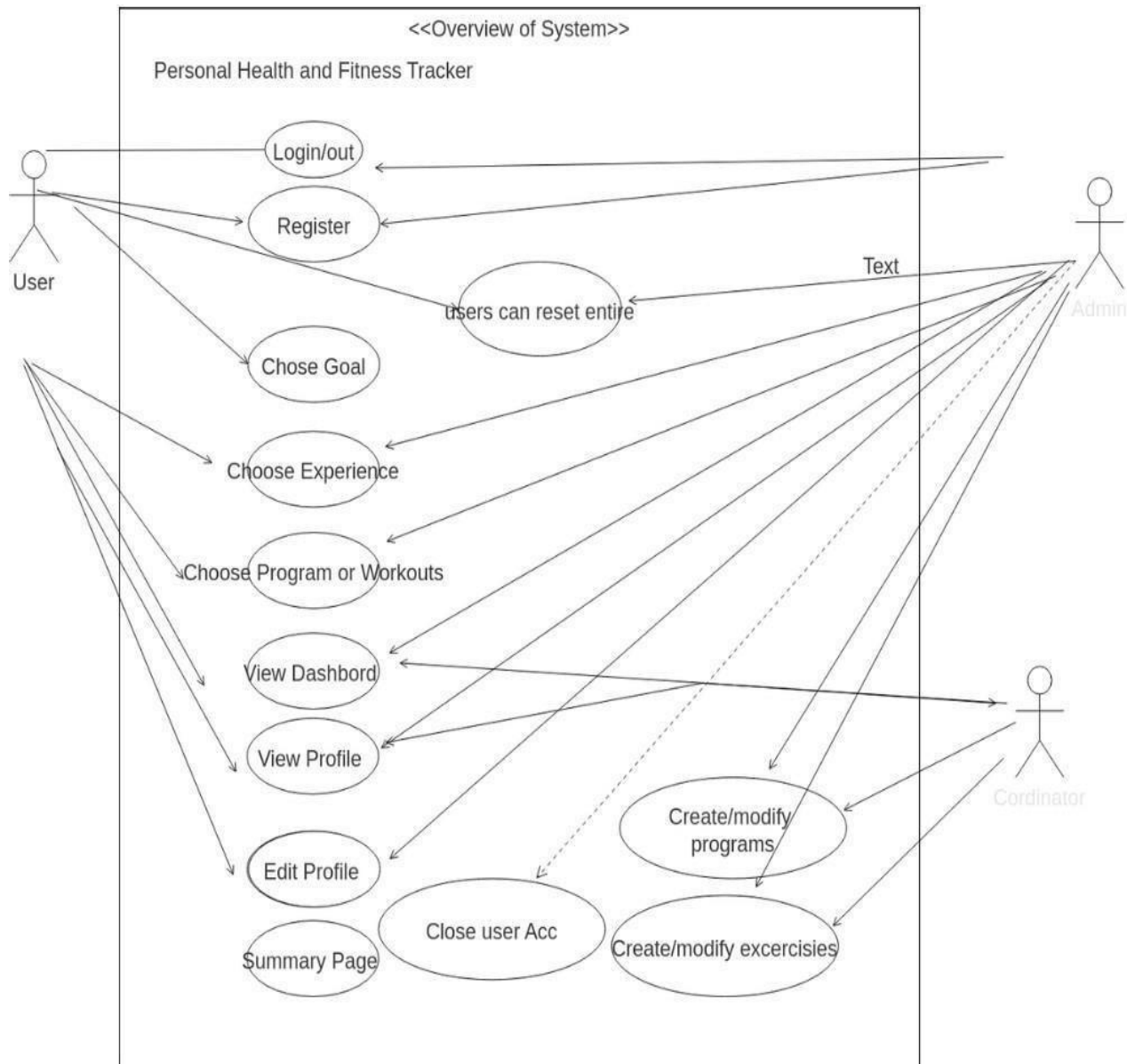


FIGURE 5.1.1 USE CASE DIAGRAM

5.1.2 Activity Diagram

Activity diagram is another important behavioral diagram in UML diagram to describe dynamic aspects of the system. Activity diagram is essentially an advanced version of flow chart that modeling the flow from one activity to another

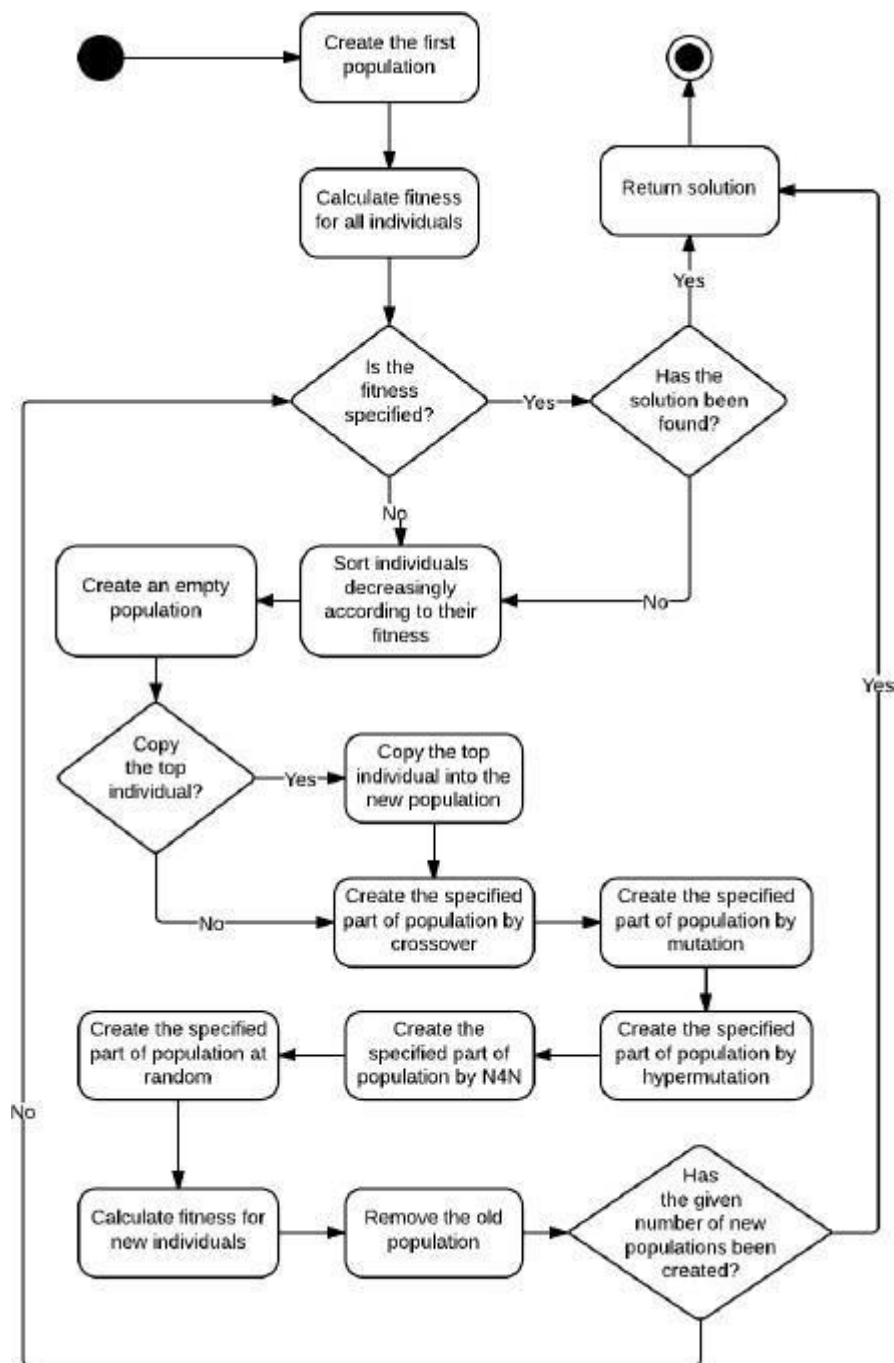


FIGURE 5.1.2 ACTIVITY DIAGRAM

5.1.3 Class Diagram

A class diagram is a type of diagram and part of a unified modelling language (UML) that defines and provides the overview and structure of a system in terms of classes, attributes and methods and the relationship between different classes.

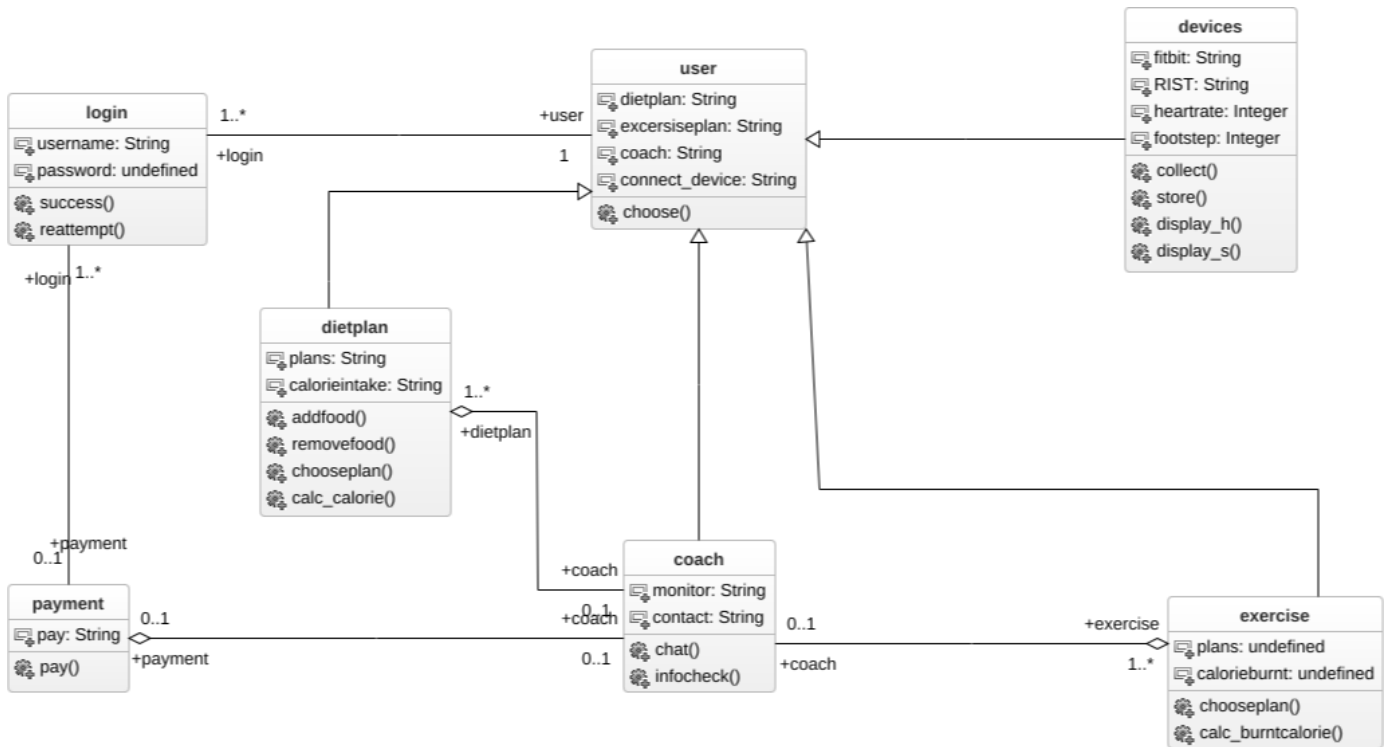


FIGURE 5.1.3 CLASS DIAGRAM

CHAPTER – 6

SYSTEM IMPLEMENTATION

6.1 Implementation Details

Implementation involves the construction of the database according to the specification of a logical schema. This will include the specification of an appropriate storage schema, security enforcement, external schema, and so on. Implementation is heavily influenced by the choice of available. DBMS, database tools and operating environment.

6.2 Module Split Up

- Home Page module
- About us module
- Classes module
- Nutrition module
- Contact us module

6.3 Module Description

6.3.1 Home Page Module

Home Page module contains the information about our website the services that our website can be provided and they can and as per their personal goals they can easily navigate to the web pages that we have linked in the home page.

6.3.2 About us Module

The about us page is often a reflection of the purpose and personality of the business and its owners or top employees. Finally, the page can also incorporate contact or locational information. One way to view the about us concept is as a text self-portrait or short autobiography created by a business.

6.3.3 Class Module

In our website, the "Fitness Training Classes" module allows users to browse and sign up for different fitness training classes offered by the website. As per the client goal the training classes can be scheduled.

6.3.4 Nutrition Module

In our website, the "Nutrition" module provides information, resources, and tools related to nutrition and healthy eating. It may include features such as meal planning, nutrition tips, recipe suggestions, and nutritional information for various foods to help our clients to achieve their daily nutrition value.

6.3.5 Contact Us Module

In our website, the "Contact Us" module provides a way for users to get in touch with the website's administrators or customer support team. It typically includes a contact form or contact information for direct communication. It helps our clients to clarify their doubts and to contact us easily.

CHAPTER - 7

CONCLUSION AND FUTURE ENHANCEMENT

7.1 Conclusion

The web application is for user convenience purpose. Our websites play a crucial role in promoting health, well-being, and physical fitness among individuals. These platforms provide a wide range of resources, information, and tools that empower users to take control of their fitness journey. Whether someone is a beginner looking to start a fitness routine or an experienced athlete seeking new challenges, fitness websites offer valuable guidance, motivation, and support.

One of the key advantages of fitness websites is the accessibility they provide. Users can access these platforms anytime, anywhere, and customize their workouts based on their preferences, goals, and fitness levels. This flexibility allows individuals to fit exercise into their busy schedules and maintain a consistent routine

7.2 Future Enhancement

- **Chatbot:** Useful for users to clarify their doubts.
- **Virtual Training and Classes:** Introducing virtual training sessions and fitness classes through live streaming or pre-recorded videos.
- **Gamification:** Adding gamification elements to the website, such as challenges, leaderboards, badges, and rewards.
- **Social Interaction and Community Building:** Enhancing community features to foster interaction and support among users.

CHAPTER – 8

APPENDIX - I

8.1 Source Code

Home Page Code:

```
<!DOCTYPE html>
<html lang="en">
<head>
    <title>Complete Fitness - Free Trial | V-FIT</title>
    <meta charset="utf-8">
    <meta name="viewport" content="width=device-width, initial-scale=1">
    <link rel="stylesheet" href="css/styles.css">
    <meta name="description" content="The V-Fit is an elite fitness center dedicated to
helping clients achieve their fitness and nutrition goals.">
    <link
href="https://fonts.googleapis.com/css2?family=Francois+One&family=Roboto+Slab&dis
play=swap" rel="stylesheet">
    <link rel="shortcut icon" href="images/favicon.ico">
    <link rel="icon" type="images/png" sizes="32x32" href="images/favicon-32.png">
    <link rel="apple-touch-icon" sizes="180x180" href="images/apple-touch-
icon.png">
    <link rel="icon" sizes="192x192" href="images/android-chrome-192.png">
</head>
<body>

    <div id="container">

        <!-- Mobile Nav -->
        <nav class="mobile-nav">
            <div id="menu-links">
                <a href="index.html">Home</a>
                <a href="about.html">About Us</a>
                <a href="classes.html">Classes</a>
                <a href="nutrition.html">Nutrition</a>
                <a href="contact.html">Contact Us</a>
            </div>
            <a class="menu-icon" onclick="hamburger()">
                <div>&#9776;</div>
            </a>
        </nav>

        <!-- Use the header area for the website name or logo -->
        <header id="V-FIT-logo">
            <a href="index.html"></a>
        </header>
```

```

<!-- Tablet, Desktop Nav -->
<nav class="tablet-desktop">
  <ul>
    <li><a href="index.html">Home</a></li>
    <li><a href="about.html">About Us</a></li>
    <li><a href="classes.html">Classes</a></li>
    <li><a href="nutrition.html">Nutrition</a></li>
    <li><a href="contact.html">Contact Us</a></li>
  </ul>
</nav>

<!-- Hero Image -->
<div id="hero" class="tablet-desktop">
  
</div>
<!-- Use the main area to add the main content of the webpage -->
<main>

  <div class="mobile">

    <p>Welcome to V-FIT. Our mission is to help our clients meet their
fitness and nutrition goals. </p>

    <h3>FREE One-Week Trial Membership!</h3>
    <p>Call Us Today to Get Started</p>
    <p class="tel-link"><a
href="tel:6380844120">6380844120</a></p>

  </div>

  <div class="tablet-desktop">

    <p>Welcome to V-FIT. Our mission is to help our clients meet their
fitness and nutrition goals.</p>

    <p>If you have struggled with getting healthy and need the
motivation and resources to make a healthy lifestyle change, contact us today. Our facility
includes state-of-the-art equipment, convenient group training classes, and nutrition tips
and information to keep you healthy.</p>

    <p>We provide a FREE one-week membership so you can
experience the benefits of our training classes and to achieve your nutrition goals. This
one-week trial gives you complete access to our training classes, and nutrition planning.
Contact us today to <span class="action">start your free trial!</span></p>

  </div>

  <div class="grid">

    <figure class="frame">

```

```

        <a href="classes.html"></a>
        <figcaption class="pic-text">Group Fitness</figcaption>
    </figure>

    <figure class="frame">
        <a href="nutrition.html"></a>
        <figcaption class="pic-text">Meal Plans</figcaption>
    </figure>

    <figure class="frame">
        <a href="contact.html"></a>
        <figcaption class="pic-text">Start Today</figcaption>
    </figure>

</div>

</main>

<!-- Use the footer area to add webpage footer content -->
<footer>

</footer>

</div>

<script src="scripts/script.js"></script>

</body>
</html>

```

CSS Code:

```

/* CSS Reset */
body, header, nav, main, footer, h1, div, img, ul, figure, figcaption, section, article, aside, audio,
video {
    margin: 0;
    padding: 0;
    border: 0;
}

/* Style Rules for body and images */
body {
    background-color: #5c5c5c;
}

img, video {
    max-width: 100%;
    display: block;

```



```

}

/* Style rule for box sizing applies to all elements */
* {
    box-sizing: border-box;
}

/* Begin Style rules for mobile viewport */

/* Style rule for header */
header {
    top: 0;
    background-color: #5c5c5c;
    height: 150px;
}

header img {
    margin: 0 center;
    height: 150px;
    width: 200px
}

/* Style rule for hamburger menu */
.mobile-nav a {
    color: #fff;
    font-family: 'Francois One', sans-serif;
    text-align: center;
    font-size: 2em;
    text-decoration: none;
    padding: 3%;
    display: block;
}

.mobile-nav a.menu-icon {
    display: block;
    position: absolute;
    right: 0;
    top: 0;
}

/* Show mobile class, hide tablet-desktop class and menu-links id */
.mobile {
    display: block;
}

.tablet-desktop, #menu-links {
    display: none;
}

/* Style rules for main content */
main {
    background-color: #fff;
    padding: 2%;

```

```

        font-size: 1.15em;
        font-family: 'Roboto Slab', serif;
    }

    video {
        margin: 0 auto 4%;
    }

    .mobile h3 {
        text-shadow: 5px 5px 8px #ccc;
    }

    article {
        padding: 2%;
    }

    article h3 {
        text-align: center;
    }

    article img {
        margin: 0 auto;
    }

    article ul {
        margin-left: 10%;
    }

    article:nth-of-type(2) {
        background-color: rgba(204, 204, 204, 0.3);
    }

    .tel-link {
        background-color: #404040;
        padding: 2%;
        margin: 0 auto;
        width: 80%;
        text-align: center;
        border-radius: 5px;
    }

    .tel-link a {
        color: #fff;
        text-decoration: none;
        font-size: 1.5em;
        display: block;
    }

    .hours {
        margin-left: 10%;
    }

    .action {

```

```

        font-size: 1.35em;
        color: #666600;
        font-weight: bold;
        text-shadow: 5px 5px 8px #ccc;
    }

    .frame {
        position: relative;
        max-width: 450px;
        margin: 2% auto;
    }

    .pic-text {
        position: absolute;
        bottom: 0;
        background: rgba(0, 0, 0, 0.5);
        color: #fff;
        width: 100%;
        padding: 20px;
        text-align: center;
        font-family: Verdana, Arial, sans-serif;
        font-size: 1.5em;
        font-weight: bold;
    }

    #weights, #cardio, #training {
        margin: 0 2%;
    }

    .round {
        border-radius: 8px;
    }

    .external-link {
        color: #666600;
        font-weight: bold;
        text-decoration: none;
    }

    #contact {
        text-align: center;
    }

    #contact .contact-email-link {
        color: #666600;
        text-decoration: none;
    }

    .map {
        border: 2px solid #000;
        width: 95%;
        height: 50%;
    }

```

```

#form {
    margin-top: 2%;
    background-color: #f2f2f2;
    padding: 2%;
}

#form h2 {
    text-align: center;
}

/* Style rules for form elements */
fieldset, input, select, textarea {
    margin-bottom: 2%;
}

fieldset legend {
    font-weight: bold;
    font-size: 1.25em;
}

label {
    display: block;
    padding-top: 3%;
}

form #submit {
    margin: 0 auto;
    border: none;
    display: block;
    padding: 2%;
    background-color: #b3b3b3;
    font-size: 1em;
    border-radius: 10px;
}

/* Style rules for footer content */
footer .copyright {
    font-size: 0.75em;
    text-align: center;
    color: #fff;
    padding: 2% 4%;
    float: left;
    width: 75%;
}

footer p a {
    color: #fff;
    text-decoration: none;
}

.social {
    float: right;

```

```

        width: 20%;
        padding: 2%;
    }

    .social img {
        display: inline-block;
        padding: 5%;
    }

    /* Media Query for Tablet Viewport */
    @media screen and (min-width: 630px), print {

        /* Tablet Viewport: Show tablet-desktop class,hide mobile class */
        .tablet-desktop {
            display: block;
        }

        .mobile, .mobile-nav {
            display: none;
        }

        /* Tablet Viewport: Style rule for header */
        header {
            padding-bottom: 2%;
        }

        /* Tablet Viewport: Style rules for nav area */
        nav {
            padding: 1%;
            margin-bottom: 1%;
        }

        nav ul {
            list-style-type: none;
            text-align: center;
        }

        nav li {
            font-size: 1.5em;
            font-family: 'Francois One', sans-serif;
            display: inline-block;
            border-right: 1px solid #fff;
        }

        nav li:last-child {
            border-right: none;
        }

        nav li a {
            padding: 0.1em 0.75em;
            display: block;
            color: #fff;
            text-decoration: none;

```

```

}

/* Tablet Viewport: Style rules for main content area */
main ul {
    margin: 0 0 4% 10%;
}

.grid {
    display: grid;
    grid-template-columns: auto auto auto;
    grid-gap: 20px;
}

.pic-text {
    font-size: 1em;
    padding: 10px;
}

aside {
    text-align: center;
    font-size: 1.25em;
    font-style: italic;
    font-weight: bold;
    padding: 2%;
    background-color: rgba(204, 204, 204, 0.5);
    box-shadow: 5px 5px 8px #000;
    text-shadow: 5px 5px 5px #b3b3b3;
    border-radius: 0 15px;
}

.grid-item4 {
    grid-column: 1 / span 3;
}

#exercises {
    border-top: 1px solid #000;
    border-bottom: 1px solid #000;
    background: linear-gradient(to right, #ccc, #fff);
    background-color: #f2f2f2;
    padding: 1% 2%;
}

#exercises dt {
    font-weight: bold;
}

#exercises dd {
    padding: 0.5% 1% 2% 0;
}

.viewex {
    font-weight: bold;
    cursor: pointer;
}

```

```

}

#example {
    display: none;
}

.tel-num {
    font-size: 1.25em;
}

.map {
    width: 600px;
    height: 450px;
}

/*Tablet Viewport: Style Rules for Table */
table {
    border: 1px solid #000;
    border-collapse: collapse;
    margin: 0 auto;
    width: 100%;
}

caption {
    font-size: 1.5em;
    font-weight: bold;
    padding: 1%;
}

th, td {
    border: 1px solid #000;
    padding: 2%;
}

th {
    background-color: #000;
    color: #fff;
    font-size: 1.15em;
}

tr:nth-child(odd) {
    background-color: #ccc;
}

/* Tablet Viewport: Style rule for form element */
form {
    width: 70%;
    margin: 0 auto;
}

/* Tablet Viewport: Animation */
@-webkit-keyframes text-animation {
    0% { font-size: 1em; }

```

```

        50% { font-size: 2em; }
        100% { font-size: 1.35em; }
    }

    @keyframes text-animation {
        0% { font-size: 1em; }
        50% { font-size: 2em; }
        100% { font-size: 1.35em; }
    }

    figcaption {
        -webkit-animation-name: text-animation;
        animation-name: text-animation;
        -webkit-animation-delay: 3s;
        animation-delay: 3s;
        -webkit-animation-duration: 5s;
        animation-duration: 5s;
    }

}

/* Media Query for Desktop Viewport */
@media screen and (min-width: 1015px), print {

    /* Desktop Viewport: Style rule for header */
    header {
        width: 25%;
        float: left;
        padding-bottom: 0;
    }

    /* Desktop Viewport: Style rules for nav area */
    nav {
        float: right;
        width: 70%;
        margin: 4em 1em 0 0;
    }

    nav ul {
        text-align: right;
    }

    nav li {
        border: none;
    }

    nav li a {
        padding: 0.5em 1em;
    }

    nav li a:hover {
        color: #000;
        background-color: #fff;
        transform: scale(1.3);
    }

```



```

}

/* Desktop Viewport: Style Rules for main content */
main {
    clear: left;
}

main h1 {
    font-size: 1.8em;
}

article h3 {
    font-size: 1.75em;
}

.pic-text {
    font-size: 1.5em;
    padding: 20px;
}

.frame {
    opacity: 0.9;
}

.frame:hover {
    opacity: 1;
    box-shadow: 8px 8px 10px #808080;
    transform: translateY(10px);
}

#weights, #cardio, #training {
    width: 29%;
    float: left;
    margin: 0 2%;
}

#exercises {
    clear: left;
}

.offer:hover {
    transform: scale(1.25);
    cursor: pointer;
}

/* Desktop Viewport: Style Rules for form elements */
form {
    width: auto;
}

.form-grid {
    display: grid;

```

```

        grid-template-columns: auto auto auto;
        grid-gap: 20px;
    }

    .btn {
        grid-column: 1 / span 3;
    }

}

/* Media Query for Large Desktop Viewports */
@media screen and (min-width: 1921px) {

    #container {
        width: 1920px;
        margin: 0 auto;
    }

}

table {
    width: 80%;
}

/* Media Query for Print */
@media print {

    body {
        background-color: #fff;
        color: #000;
    }

}

```

Javascript Code:

```

//Global variables
var video = document.getElementById("example");
var videoSource = document.getElementById("vid-src");
var descriptionSource = document.getElementById("despsrc");

//Hamburger menu function
function hamburger() {
    var menu = document.getElementById("menu-links");
    var logo = document.getElementById("ffc-logo");
    if (menu.style.display === "block" && logo.style.display === "none") {
        menu.style.display = "none";
        logo.style.display = "block";
    } else {
        menu.style.display = "block";
        logo.style.display = "none";
    }
}

```

```

}

//Function to display the burpees example video
function burpees() {
    videoSource.src = "media/burpees.mp4";
    descriptionSource.src = "media/burpees-descriptions.vtt";
    video.style.display = "block";
    video.load();
}

//Function to display the plank example video
function plank() {
    videoSource.src = "media/plank.mp4";
    descriptionSource.src = "plank-descriptions.vtt";
    video.style.display = "block";
    video.load();
}

//Function to display the mountain climbers example video
function mountain() {
    videoSource.src = "media/mc.mp4";
    descriptionSource.src = "media/mountain-descriptions.vtt";
    video.style.display = "block";
    video.load();
}

//Function to display a promo code
function discount() {
    var promo = document.getElementById("special");
    promo.firstChild.nodeValue = "Promo Code: D25START";
    promo.style.color = "#ff0000";
    promo.style.fontSize = "2em";
}

```

CHAPTER – 9

APPENDIX - II

9.1 Screenshots

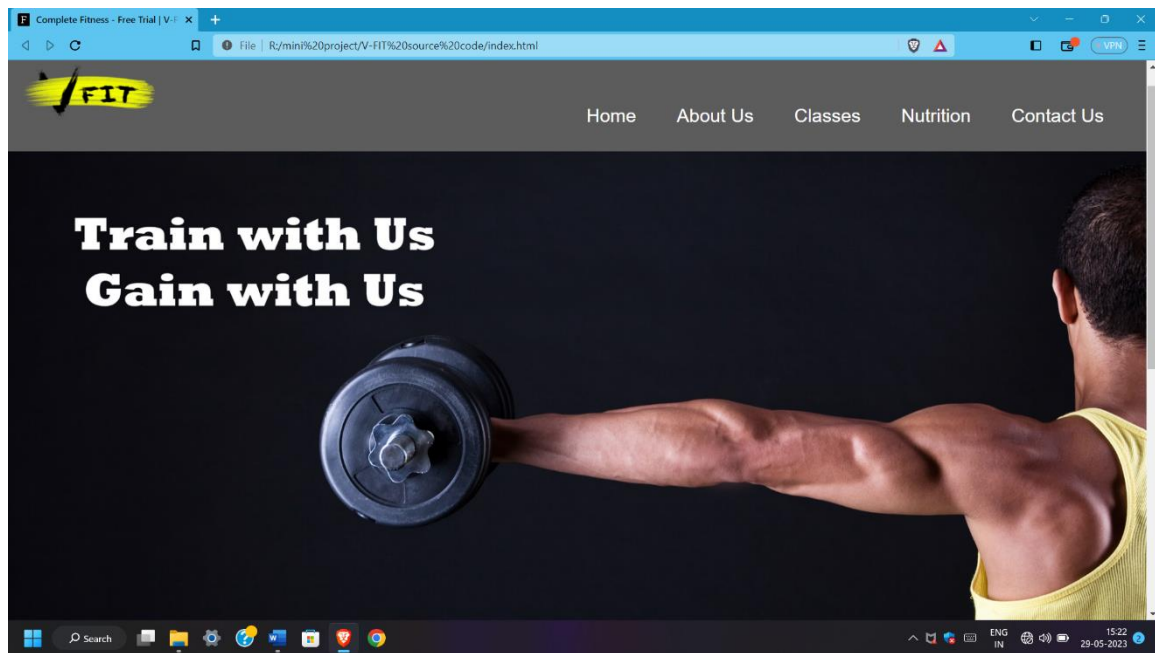


FIGURE 9.1.1 HOME PAGE

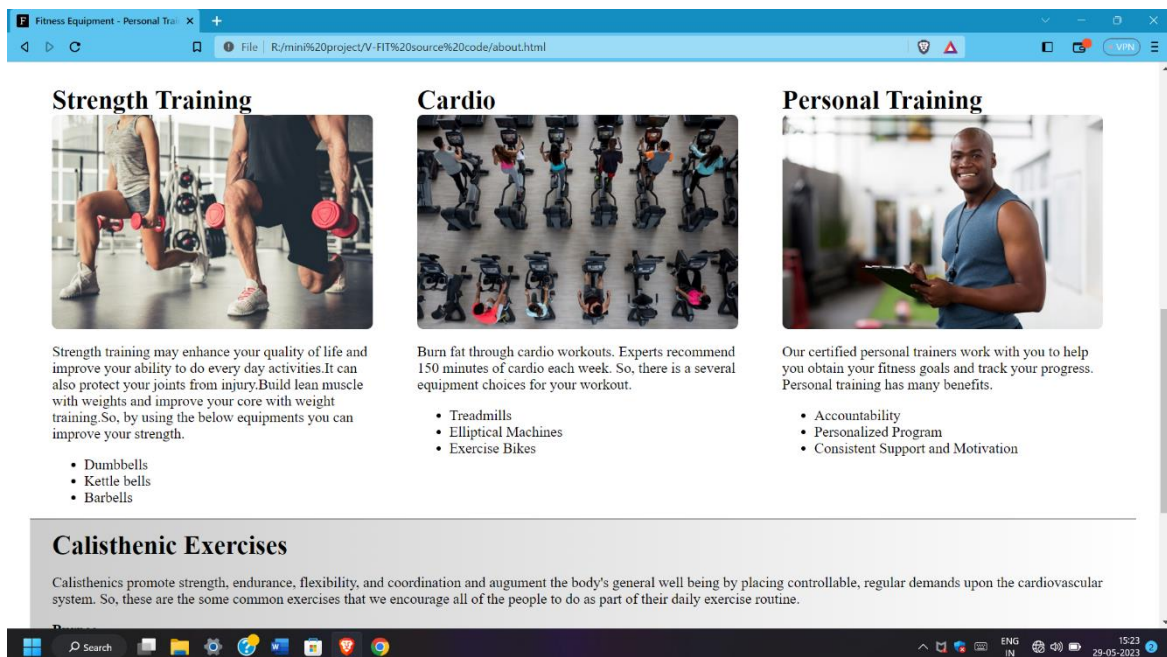


FIGURE 9.1.2 ABOUT US PAGE

Group Fitness Class Schedule(Online)


Class	Days	Times	Instructor
Cardio	Mon, Wed, Fri	6:00am, 6:00pm	Deena
Boot Camp	Tue, Thu	5:00am, 5:00pm	Neya Prakash
Spinning	Tue, Thu	6:00am, 6:00pm	Aravind
Kickboxing	Mon, Wed, Fri	8:00am, 7:15pm	Dhanaranjan
Yoga	Tue, Thu	6:00am, 6:00pm	Chowdri
Weight Training	Mon, Wed, Fri	7:00am, 6:00pm	Prasath

We suggest the client to play upbeat music to help keep you focused during your workout. Below is a sample of the type of music that they can improve the quality of your workout by increasing your stamina and putting you in a better mood.

0:00 / 0:53

FIGURE 9.1.3 CLASSES PAGE

Food for Thought




Good nutrition is a lifestyle, not a diet. It starts with a new way of thinking about food. Think of your body as a vehicle that uses food for fuel. Fill your tank with the right type of fuel.

Do not approach your nutrition plan as a diet plan, but rather, a lifestyle change. If you make a permanent change, you will see big results. The key to success is a daily focus on your goal.

Portion your meals and track your calories. There are many free mobile apps available to help track your activity level and calories.

Control impulsive urges to buy junk food, and instead, allow yourself to one "cheat" meal a week.

What to Eat



Use the following as a guideline:


- Protein, such as eggs, chicken, and lean red meat
- Vegetables, but avoid corn and peas
- Fruit
- Fat, such as olive oil, nuts, and seeds

Limit the consumption of bread, pasta, white potatoes, and processed food. These foods are high in carbohydrates.

When you shop for groceries, shop the outside aisles and buy organic when possible. Stock up on fresh vegetables, almond flour, and flax seed.

Check out our Meal of the Week for new meal ideas.

Meal of the Week



Herb Roasted Chicken

Ingredients:

- boneless, skinless chicken breast (organic preferred)
- 1 tsp Herbes de Provence
- 1 tsp lemon juice
- 1 tsp olive oil
- 1 tsp sea salt
- ¼ tsp pepper

Instructions:

Combine all ingredients in a plastic bag and marinate for at least an hour. Preheat oven to 350 degrees. Bake chicken for 30-35 minutes or until juices run clear. Broil on high for two minutes or until brown. Serve with a fresh side salad.

FIGURE 9.1.4 NUTRITION PAGE

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Ready to get started? Contact us today.

6380844120

Email us: v-fit@gmail.com

[View Promo Code](#)

Complete the form below to begin your free trail.

Customer Information	Additional Information	Referral Source
<p>First Name: <input type="text"/></p> <p>Last Name: <input type="text"/></p> <p>Email: <input type="text"/></p> <p>Phone: <input type="text"/></p>	<p>I would like more information about:</p> <p><input type="checkbox"/> Group Fitness</p> <p><input type="checkbox"/> Personal Training</p> <p><input type="checkbox"/> Nutrition</p>	<p>How did you find us? <input type="text" value="Advertisement"/></p> <p>Questions? <input type="text"/></p> <p>Promo Code: <input type="text"/></p>

Submit

FIGURE 9.1.5 CONTACT US PAGE

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