


REPORT FILE

GYMFREAK- A GYM WEBSITE


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Abstract

- Online training is one of the fastest growing segments of the fitness industry so we have made a gym website by using the languages HTML, CSS, Javascript and Bootstrap.
 - The website will be accessible by everyone but some workouts programs will only be shown. For accessing more, the user will have to login to the website for which button is there in the navigation bar.
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Introduction

- The website will aim to tell the benefits of health and fitness and also let everyone know about the fitness experts who can help if the user buy any workout or fitness plan.
 - The user can see the essential supplements which are required for fitness, body building, weight loss etc.
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Literature Review

In the process of making the website, I got to learn the basics of the front-end website development part. Before this, I have worked on small web pages of HTML,CSS.



Proposed Methodology


As we will open the website, the home page will be displayed. After that there will be some buttons at the top of the navigation bar, so according to the user he will be able to choice. Also there will be one button having dropdown regarding the workout programs, vitamins and health related supplements, and weight management programs.



Result And Discussion

Online training is one of the fastest growing segments of the fitness industry. Instead of being locked into a specific class schedule at your local gym, online programs are almost all offered at your convenience.

We got to learn the basics of website development using HTML, CSS, Javascript and Bootstrap.



Conclusion

This online fitness website has so many benefits with it, most online fitness programs are much less expensive than similar offline programs, also anyone can access the website.



References

www.w3schools.com

Also fitness websites like:

1. www.muscleandstrength.com
2. www.verywellfit.com

Plagiarism

www.google.com

