

The background image is a blurred photograph of a gym. In the center, a person is standing and looking towards the camera. To the right, another person is in a low, athletic stance. The floor is covered with green artificial turf. A thick, dark rope is visible in the foreground, extending from the bottom left towards the center. The overall lighting is dim, with some light coming from the right side, possibly from a window or a bright light source.

**Start your Fitness Journey  
Today...!**