

website idea

how to workout

benefits of working out.

Stractor

main page1

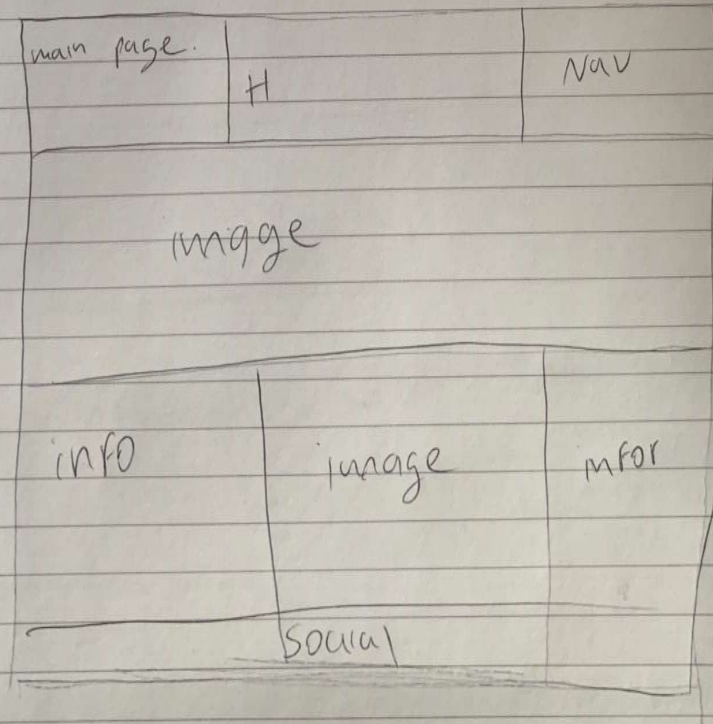
title how to workout

main heading.

Nav top right page.

homepage, workout, benefits, contact

→ Nav



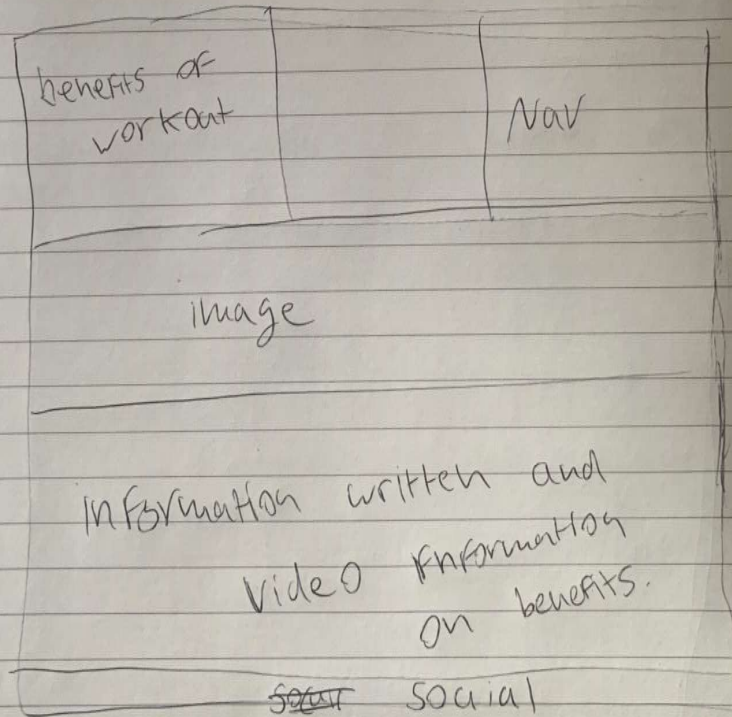
Second page 2

benefits of work out Section.

information to include.

benefits of working out.

Video's explaining further information
on health benefits on working out.



page 3

workout

things to include on page 3

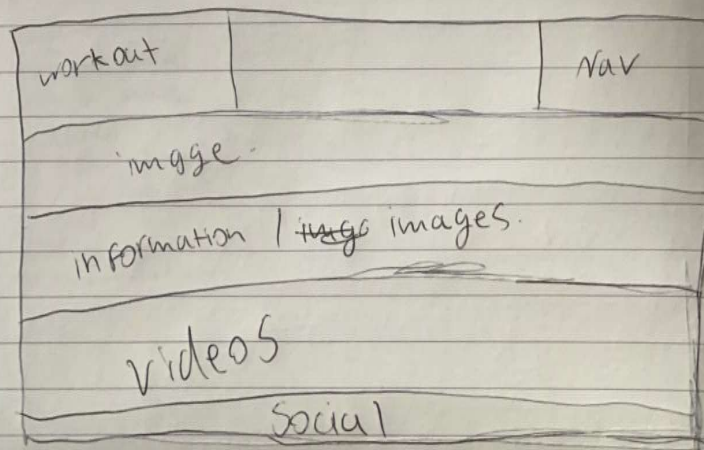
images of body parts muscles example
chest, back, biceps, triceps, shoulders and legs.

information on how to exactly ~~do~~ ^{do} ~~to~~ ^{exercise}
for each body part muscle.

Showing a basic beginners programme to
follow.

written information on website ~~to~~ ^{how} to
workout.

video detail how to workout to show
user confidence, and maximum information
on workouts



Contact page.

User here will provide details
in order us to contact them.

Information user to give.

First ~~last~~ name (A Req)

last name (Req)

email address (Required)

age (optional)

workout days (optional)

gender

Feedback (any comments user would
like to make).

homepage contact		nav
image		
first name	<input type="text"/>	
last name	<input type="text"/>	
email	<input type="text"/>	
age ...	<input type="text"/>	
days of work	<input checked="" type="checkbox"/>	
Feed back	<input type="text"/>	