```html
<!DOCTYPE html>

<html lang="en">

<head>

  <meta charset="UTF-8">

  <meta name="viewport" content="width=device-width, initial-scale=1.0">

  <title>Jimfluencer - Your Fitness Journey</title>

  <style>

    body {

      font-family: Arial, sans-serif;

      margin: 0;

      padding: 0;

      background-color: #f4f4f9;

      color: #333;

    }

    header {

      background: #4CAF50;

      color: white;

      padding: 1rem 0;

      text-align: center;

    }

    nav {

      display: flex;

      justify-content: center;

      background: #333;

      padding: 0.5rem 0;

    }

    nav a {

      color: white;
```
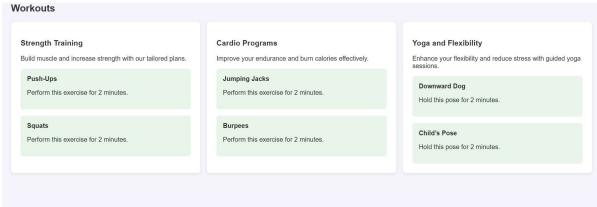
```css
  text-decoration: none;

  margin: 0 1rem;

}

nav a:hover {

  text-decoration: underline;

}

.hero {

  text-align: center;

  padding: 2rem;

  background: url('fitness-hero.jpg') no-repeat center center/cover;

  color: white;

}

.hero h1 {

  font-size: 3rem;

}

.section {

  padding: 2rem;

}

.grid {

  display: grid;

  grid-template-columns: repeat(auto-fit, minmax(300px, 1fr));

  gap: 1rem;

}

.card {

  background: white;

  padding: 1.5rem;

  border-radius: 8px;

  box-shadow: 0 2px 5px rgba(0, 0, 0, 0.1);
```

```css
    }
    .exercise {
      margin-top: 1rem;
      padding: 1rem;
      background: #e8f5e9;
      border-radius: 8px;
    }
    .exercise h4 {
      margin: 0 0 0.5rem;
    }
    footer {
      text-align: center;
      padding: 1rem;
      background: #4CAF50;
      color: white;
    }
  </style>
</head>
<body>
  <header>
    <h1>Jimfluencer</h1>
    <p>Your Fitness Journey Starts Here</p>
  </header>
  <nav>
    <a href="#about">About</a>
    <a href="#workouts">Workouts</a>
    <a href="#nutrition">Nutrition</a>
    <a href="#contact">Contact</a>
```

```html
    </nav>

    <div class="hero">

        <h1>Track Your Progress, Transform Your Life</h1>

        <p>Join our community and take control of your fitness goals.</p>

    </div>

    <section id="about" class="section">

        <h2>About Jimfluencer</h2>

        <p>Jimfluencer is your ultimate fitness companion. From personalized workout
plans to nutrition guides, we're here to help you stay on track and achieve your
goals.</p>

    </section>

    <section id="workouts" class="section">

        <h2>Workouts</h2>

        <div class="grid">

            <div class="card">

                <h3>Strength Training</h3>

                <p>Build muscle and increase strength with our tailored plans.</p>

                <div class="exercise">

                    <h4>Push-Ups</h4>

                    <p>Perform this exercise for 2 minutes.</p>

                </div>

                <div class="exercise">

                    <h4>Squats</h4>

                    <p>Perform this exercise for 2 minutes.</p>

                </div>

            </div>

            <div class="card">

                <h3>Cardio Programs</h3>

                <p>Improve your endurance and burn calories effectively.</p>
```

```html
      <div class="exercise">

        <h4>Jumping Jacks</h4>

        <p>Perform this exercise for 2 minutes.</p>

      </div>

      <div class="exercise">

        <h4>Burpees</h4>

        <p>Perform this exercise for 2 minutes.</p>

      </div>

    </div>

    <div class="card">

      <h3>Yoga and Flexibility</h3>

      <p>Enhance your flexibility and reduce stress with guided yoga sessions.</p>

      <div class="exercise">

        <h4>Downward Dog</h4>

        <p>Hold this pose for 2 minutes.</p>

      </div>

      <div class="exercise">

        <h4>Child's Pose</h4>

        <p>Hold this pose for 2 minutes.</p>

      </div>

    </div>

  </div>

</section>

<section id="nutrition" class="section">

  <h2>Nutrition</h2>

  <p>Explore our curated meal plans and nutritional advice to fuel your body and mind.</p>

</section>
```

```html
<section id="contact" class="section">

  <h2>Contact Us</h2>

  <p>Have questions or need support? Reach out to us at <a
href="mailto:support@jimfluencer.com">support@jimfluencer.com</a>.</p>

</section>

<footer>

  <p>&copy; 2024 Jimfluencer. All rights reserved.</p>

</footer>

</body>

</html>
```


Jimfluencer

Your Fitness Journey Starts Here

About   Workouts   Nutrition   Contact

Track Your Progress, Transform Your Life

Join our community and take control of your fitness goals.

About Jimfluencer

Jimfluencer is your ultimate fitness companion. From personalized workout plans to nutrition guides, we're here to help you stay on track and achieve your goals.

Workouts

Strength Training   Cardio Programs   Yoga and Flexibility

Workouts

Strength Training

Build muscle and increase strength with our tailored plans.

Push-Ups

Perform this exercise for 2 minutes.

Squats

Perform this exercise for 2 minutes.

Cardio Programs

Improve your endurance and burn calories effectively.

Jumping Jacks

Perform this exercise for 2 minutes.

Burpees

Perform this exercise for 2 minutes.

Yoga and Flexibility

Enhance your flexibility and reduce stress with guided yoga sessions.

Downward Dog

Hold this pose for 2 minutes.

Child's Pose

Hold this pose for 2 minutes.

Nutrition

Explore our curated meal plans and nutritional advice to fuel your body and mind.