<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

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

<title>High Performance Coaching</title>

<style>

body {

font-family: Arial, sans-serif;

background-color: black;

color: orange;

text-align: center;

}

header {

padding: 20px;

font-size: 24px;

font-weight: bold;

}

nav {

margin: 20px 0;

}

nav a {

color: orange;

margin: 0 15px;

text-decoration: none;

font-size: 18px;

}

.content {

padding: 20px;

}

footer {

margin-top: 20px;

padding: 10px;

font-size: 14px;

}

</style>

</head>

<body>

<header>High Performance Coaching</header>

<nav>

<a href="#about">About</a>

<a href="#services">Services</a>

<a href="#membership">Membership</a>

<a href="#contact">Contact</a>

</nav>

<div class="content">

<h2>Welcome to High Performance Coaching</h2>

<p>Train like a champion and unlock your full potential!</p>

</div>

<footer>

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</footer>

</body>

</html>