import React from "react";

export default function PersonalTrainingWebsite() {

return (

<div className="min-h-screen bg-gradient-to-b from-black via-zinc-900 to-black text-red-600 font-sans bg-pattern">

<header className="bg-gradient-to-r from-red-800 to-red-600 text-white p-10 shadow-2xl border-b-4 border-red-900">

<div className="max-w-6xl mx-auto">

<h1 className="text-5xl font-extrabold tracking-wide mb-2">TitanFit</h1>

<p className="text-xl text-red-200 italic">Empowering your fitness journey, one session at a time.</p>

</div>

</header>

<nav className="bg-red-900 text-white py-4 sticky top-0 z-50 shadow-md">

<div className="max-w-6xl mx-auto flex justify-around text-sm md:text-base">

<a href="#about" className="hover:text-yellow-300">About</a>

<a href="#services" className="hover:text-yellow-300">Services</a>

<a href="#benefits" className="hover:text-yellow-300">Why Train With Me</a>

<a href="#packages" className="hover:text-yellow-300">Packages</a>

<a href="#testimonials" className="hover:text-yellow-300">Testimonials</a>

<a href="#contact" className="hover:text-yellow-300">Contact</a>

</div>

</nav>

<main className="max-w-6xl mx-auto px-6 py-12 space-y-20">

<section id="about">

<h2 className="text-4xl font-bold text-white mb-4 border-b border-red-700 pb-2">🔥 About Me</h2>

<p className="text-lg leading-relaxed text-red-300">

I'm Hamed, a certified personal trainer in Western Sydney with a passion for helping clients achieve real, long-lasting transformations. My coaching style is focused, personalized, and results-driven. Whether your goal is weight loss, muscle gain, or improved mobility, I’ll guide you every step of the way.

</p>

</section>

<section id="services">

<h2 className="text-4xl font-bold text-white mb-4 border-b border-red-700 pb-2">💪 Services</h2>

<ul className="grid grid-cols-1 md:grid-cols-2 gap-4 text-lg text-red-300 list-disc list-inside">

<li>One-on-One Personal Training</li>

<li>Tailored Bodybuilding Programs</li>

<li>Rehabilitation & Injury-Conscious Workouts</li>

<li>Custom Nutrition & Supplement Plans</li>

<li>Strength & Conditioning</li>

<li>Functional Movement & Mobility Training</li>

<li>Online Coaching & Check-ins</li>

<li>Postural Correction & Flexibility</li>

</ul>

</section>

<section id="benefits">

<h2 className="text-4xl font-bold text-white mb-4 border-b border-red-700 pb-2">🚀 Why Train With Me?</h2>

<ul className="list-disc list-inside text-lg text-red-300 space-y-2">

<li>Customized Programs for All Fitness Levels</li>

<li>Flexible Scheduling to Fit Your Life</li>

<li>Motivational & Supportive Environment</li>

<li>Advanced Tracking Tools to Measure Progress</li>

<li>Beginner-Friendly and Expert Coaching</li>

</ul>

</section>

<section id="packages">

<h2 className="text-4xl font-bold text-white mb-4 border-b border-red-700 pb-2">📦 Training Packages</h2>

<div className="grid md:grid-cols-3 gap-8 text-red-300">

<div className="bg-red-950 p-6 rounded-xl shadow-lg">

<h3 className="text-xl font-bold text-white mb-2">Starter</h3>

<ul className="list-disc list-inside">

<li>3 sessions/week</li>

<li>Basic diet & training plan</li>

<li>Email support</li>

<li>$300/month</li>

</ul>

</div>

<div className="bg-red-950 p-6 rounded-xl shadow-lg border border-red-600">

<h3 className="text-xl font-bold text-white mb-2">Pro</h3>

<ul className="list-disc list-inside">

<li>5 sessions/week</li>

<li>Full diet plan + supplements</li>

<li>Weekly progress checks</li>

<li>$500/month</li>

</ul>

</div>

<div className="bg-red-950 p-6 rounded-xl shadow-lg">

<h3 className="text-xl font-bold text-white mb-2">Elite</h3>

<ul className="list-disc list-inside">

<li>Daily training access</li>

<li>Meal planning service</li>

<li>24/7 messaging support</li>

<li>$800/month</li>

</ul>

</div>

</div>

</section>

<section id="testimonials">

<h2 className="text-4xl font-bold text-white mb-4 border-b border-red-700 pb-2">💬 Testimonials</h2>

<div className="grid gap-6">

<blockquote className="bg-zinc-800 text-red-300 p-4 rounded shadow-md italic">

"Training with Hamed changed my life. I lost 10kg and gained confidence I never had before." – Sarah M.

</blockquote>

<blockquote className="bg-zinc-800 text-red-300 p-4 rounded shadow-md italic">

"Highly professional, friendly, and results-focused. Best investment I’ve made in my health." – David R.

</blockquote>

</div>

</section>

<section id="contact">

<h2 className="text-4xl font-bold text-white mb-4 border-b border-red-700 pb-2">📞 Contact</h2>

<p className="text-lg text-red-300">Email: <a href="mailto:hamed@fitcoach.com" className="underline hover:text-white">hamed@fitcoach.com</a></p>

<p className="text-lg text-red-300">Instagram: <a href="https://instagram.com/hamedfit" className="underline hover:text-white">@hamedfit</a></p>

</section>

</main>

<footer className="bg-gradient-to-r from-red-900 to-red-800 text-center py-6 text-sm text-red-200 border-t border-red-700">

&copy; {new Date().getFullYear()} TitanFit. All rights reserved.

</footer>

</div>

);

}