

FITNESS

1. Introduction

The given HTML, CSS, and JavaScript code represents a FITFLEX Web Application that allows users . The project uses HTML for structure, CSS for styling, and JavaScript for interactivity (if needed in future development).

The primary goal of this application is to provide users with an easy-to-navigate interface to view and manage.The design follows a structured format with a home page,About page,search page.

2. Languages Used

1. HTML (HyperText Markup Language)

HTML is used to create the structure of the web pages. It defines elements such as headings,

paragraphs, images, lists, links, and buttons. In this project, multiple HTML files are used to organize

different recipe categories and pages.

2. CSS (Cascading Style Sheets)

CSS is used to style the website and enhance the user experience. It controls the layout, colors, fonts,

and responsive behavior of the pages. This project uses external CSS (style.css) to maintain consistency

across different pages.

3. JavaScript (Planned but Not Implemented Yet)

Although the provided code does not contain JavaScript, it can be used to add

interactivity, such as

dynamically displaying ingredients, filtering recipes, or adding animations.

INTRODUCTION ABOUT FITFLEX PROJECT

FitFlex is a revolutionary fitness app designed to transform your workout experience. It offers an intuitive interface, dynamic search, and a vast library of exercises for all fitness levels. Join FitFlex to embark on a personalized fitness journey and achieve your wellness goals

The overarching aim of FitFlex is to offer an accessible platform tailored for individuals

passionate about fitness, exercise, and holistic well-being.

SAMPLE CODING

SEARCH.HTML

```
<!DOCTYPE html>
```

```
<html lang="en">
```

```
<head>
```

```
    <meta charset="UTF-8">
```

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

```
    <title>FITNESS - Band Bench Press</title>
```

```
    <link rel="stylesheet" href="/5page.css">
```

</head>

<body>

<header>

<div class="logo">FITNESS</div>

<nav>

Home

About

Search

</nav>

</header>

<div class="main">

<div class="con">

**<video height="150" width="150" controls autoplay loop
muted>**

<source src="/gif1.mp4">

</video>

</div>

```
<div class="con">
```

```
  <video height="150" width="150" controls autoplay loop muted>
```

```
    <source src="./gif2.mp4">
```

```
  </video>
```

```
</div>
```

```
<div class="con">
```

```
  <video height="150" width="150" controls autoplay loop  
muted>
```

```
    <source src="./gif3.mp4">
```

```
  </video>
```

```
</div>
```

```
<div class="con">
```

```
  <video height="150" width="150" controls autoplay loop  
muted>
```

```
    <source src="./gif4.mp4">
```

```
  </video>
```

```
</div>
```

</div>

<div class="container">

<div class="on">

<video height="150" width="150" controls autoplay loop
muted>

<source src="./gif5.mp4">

</video>

</div>

<div class="on">

<video height="150" width="150" controls autoplay loop
muted>

<source src="./gif6.mp4">

</video>

</div>

<div class="on">

```
        <video height="150" width="150" controls autoplay loop
muted>
```

```
        <source src="./gif7.mp4">
```

```
    </video>
```

```
</div>
```

```
<div class="on">
```

```
        <video height="150" width="150" controls autoplay loop
muted>
```

```
        <source src="./gif8.mp4">
```

```
    </video>
```

```
</div>
```

```
</div>
```

```
</body>
```

```
</html>
```

Search.css

```
body {
```

```
    font-family: Arial, sans-serif;
```

```
    margin: 0;
```

```
    padding: 0;
```

```
        background-color: #f4f4f4;
    }

```

```
/* Header */

```

```
header {
    display: flex;
    justify-content: space-between;
    align-items: center;
    background-color: black;
    padding: 15px 30px;
    color: white;
}

```

```
.logo {
    font-size: 24px;
    font-weight: bold;
}

```

```
nav ul {
    list-style: none;
    display: flex;
    gap: 20px;
}

```

```
margin: 0;
padding: 0;
}
```

```
nav ul li {
    display: inline;
}
```

```
nav ul li a {
    color: white;
    text-decoration: none;
    font-weight: bold;
}
```

```
.main{
    display: flex;
    margin-top: 10px;
    margin-left: 20px;
}
```

```
.con{
    height: 200px;
```



```
    width:200px;

    background-color:black;

margin-left: 10px;

}
```

```
.container{

    display:flex;

    margin-top: 10px;

    margin-left: 20px;

}
```

```
.on{

    height: 200px;;

    width:200px;

    background-color: black;

    margin-left:10px ;

}
```

```
video{

    margin-top: 20px;
```

margin-left: 25px;

}

FITNESS AND HEALTH

With Double Power

[Read More](#)

category: **chest**



archer push up

[pectorals](#) [triceps](#) [shoulders](#)



assisted chest dip (kneeling)

[pectorals](#) [triceps](#) [shoulders](#)



assisted seated pectoralis major stretch
with stability ball

[pectorals](#) [shoulders](#) [triceps](#)



assisted wide-grip chest dip (kneeling)

[pectorals](#) [triceps](#) [shoulders](#)

CONCLUSION

The FITNESS Web Application is a well-structured project that provides a user-friendly experience for browsing and viewing recipes. The use of HTML, CSS, and JavaScript (for future development) allows for a scalable and responsive design.