

FITNESS CLUB WEBSITE

COMPUTER SCIENCE AND ENGINEERING

Submitted by:

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Submitted to:

HARSHIT SIR



**LOVELY PROFESSIONAL UNIVERSITY
PUNJAB**

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ACKNOWLEDGEMENT

We would like to thank our subject teacher Harshit sir for his constant help, encouragement and guidance throughout the project. we specially acknowledge her patience to help us figure out the right project to work on, providing us flexibility to implement our new ideas and provide valuable inputs for the project. We would also like to thank our entire department of information technology for giving us such opportunities and helping us to complete our project. lastly, we would also like to thanks our friends for their cooperation.

INTRODUCTION

It is a website project which is designed to for the ease of people to maintain their fitness . This project aims to automate gym and fitness admission process as the admission process in gyms and selecting a trainer is difficult. Sometimes it is difficult to get a desired slot timing. Being healthy is the first thing to be kept in mind because most of the time our attitude depends on how we feel. Being healthy gives us the energy to work and do things. It is hard to get admission in health club when slots are full. This health club management system will help to overcome such problems by booking the desired slot online and pay fees by electronic money transfer. In this fitness club system, there is 3 entity namely, Admin, Member, and Trainer. Admin can login using credentials. Admin can manage packages by adding cost, discount and deleting old packages. Admin can manage member details by adding, updating and deleting. Admin can view the package details of an individual member. Admin can also view the member's attendance taken by the trainer. Members can login using credentials. They can view their profile and list of trainers. They can also view the package and payment details. Members can give feedback on their trainers. They can make payments via card details. A trainer can log in using credentials. A trainer can set their profile. A trainer can take member's attendance daily, they can also change their password in case of security Our focus in making the website was in such a way that it should be much more compact and it should be easier for the person using the website to handle it. The skeleton or the basic structure of the website was made using the HTML while the decoration and beauty to the website was given using CSS. This website was made keeping in mind that the person using it should be able to handle the website easily without any difficulty.

SCREENSHOT OF WEBPAGE



WELCOME TO FITNESS CLUB

With Unique Concept where family can spend their time in fitness & sports activities together We provide you with the finest equipment & fitness knowledge to help you achieve your fitness goal .Till now we have serve more than 40000 members across pune We,300 staff and 80 fitness & Sports Professionals are working together for one thing " How Can I Help You Today To Achieve Your Goal

JUST GETTING STARTED?

Whether Your Goal Is To Lose Weight, Tone Your Body, Be Rehabilitated Following An Injury Or Just Have Fun With A Group Of Friends, Fitness Club Has Something For Everyone. Our

Passion Is Health And Fitness And Our Goal Is To Be Your Source Of Total Well Being And Vitality.

DAYS	WORKOUTS	TIME
Monday	Arms,Chest,Shoulders	2:00-6:00pm
Tuesday	Legs,back,Abdominals	1:00-5:00pm
Wednesday	Rest day	-
thursday	Shoulders,chest,Abdomial	3:00-6:00pm
Friday	legs,back,chest	1:30-6:00pm
Saturday	rest day	-
sunday	Shoulders,chest,legs	2:00-6:00pm

Sign Up

Please fill in this form to create an account.

Email

Enter Email

Password

Enter Password

Repeat Password

Repeat Password

☒ Remember me

By creating an account you agree to our [Terms & Privacy](#).

CancelSign Up





Weight training: Improve your muscular fitness

Weight training can help you tone your muscles, improve your appearance and fight age-related muscle loss.

Your friends enjoy using the weight machines and free weights at the fitness center. And you see the results of their hard work — toned muscles and an overall improved physique. You'd like to start a weight training program, but you're not sure you have the time. Think again.

Weight training 101

Weight training is a type of strength training that uses weights for resistance. Weight training provides a stress to the muscles that causes them to adapt and get stronger, similar to the way aerobic conditioning strengthens your heart. Weight training can be performed with free weights, such as barbells and dumbbells, or by using weight machines. You can also increase your strength through other types of resistance exercises, such as by using your body weight or resistance bands.

Weight training: How much is enough?

You don't have to be in the weight room for 90 minutes a day to see results. For most people, short weight training sessions a couple of times a week are more practical than are extended daily. You can see significant improvement in your strength with just two or three 20- or 30-minute weight training sessions a week. That frequency also meets activity recommendations for healthy adults. The Department of Health and Human Services recommends incorporating strength training exercises of all the major muscle groups into a fitness routine at least two times a week.

Weight training: It's all about technique

Weight training offers important health benefits when done properly. But it can lead to injuries, such as sprains, strains and fractures, if it's not done correctly. For best results, consider these basic weight training principles: Learn proper technique. If you're new to weight training, work with a trainer or other fitness specialist to learn correct form and technique. Even experienced athletes may need to brush up on their form from time to time. Warm up. Cold muscles are more prone to injury than are warm muscles. Try brisk walking or another aerobic activity for five or 10 minutes before lifting weights. Do a single set of repetitions. Theories on the best way to approach weight training abound, including countless repetitions and hours at the gym. But research shows that one set of 12 to 15 repetitions can build muscle efficiently in most people and can be as effective as three sets of the same exercise. Use the proper weight. The proper weight to lift is heavy enough to tire your muscles after about 12 to 15 repetitions. You should be barely able to finish the last repetition. Start slowly. If you're a beginner, you may find that you're able to lift only a few pounds. That's OK. Once your muscles, tendons and ligaments get used to weight training quickly you progress. Once you can do 12 to 15 repetitions or more with a particular weight, gradually increase the weight. Take time to rest. To give your muscles time to recover, rest one full day between exercising each specific muscle group. You might choose to work the major muscle groups times a week, or plan daily sessions for specific muscle groups. For example, on Monday work your arms and shoulders, on Tuesday work your legs, and so on.

Reap the rewards of weight training

Lean muscle mass naturally decreases with age. If you don't do anything to replace the muscle loss, it'll be replaced with fat. But weight training can help you reverse the trend — at any age.

As your muscle mass increases, you'll be able to lift weights more easily and for longer periods of time. You'll also help to maintain your bone density, better manage your weight and improve your body's metabolism. So don't wait. Get started today.

About Us

We are all very different. We were born in different cities, at different times, we love different music, food, movies. But we have something that unites us all. It is our website. We are its heart. We are not just a team, we are a family

Our Team



Saad Wasim

CEO & Founder

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[Contact](#)



Mohd Arshil Azim

CO FOUNDER

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Aditya Bhadade

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[Contact](#)

FITNESS GYM

- ▶ Weight Training
- ▶ Cardio Training
- ▶ Yoga Training
- ▶ Diet Program

50% OFF
Membership



- 
- ▶ Weight Training
 - ▶ Cardio Training
 - ▶ Yoga Training
 - ▶ Diet Program

50% OFF
Membership

START NOW

website.com

The Ultimate 7 Day Gym Diet Plan



When it comes to nutrition, things can become overly complicated. However, it is clear that nutrition has a huge impact on the progress that you make in the gym. This article will highlight a number of considerations that must be made and applied in order to bring about substantial changes. In addition, it will also serve as a resource and highlight the nutrient rich foods that one should incorporate in their daily gym diet plan.

Foods To Add To Your Gym Diet Plan

There are mainly three macronutrients that play a crucial role in maintaining bodily functions and even promote changes in strength and composition – they are carbs, proteins, and fats and it is essential that we consume all three macros in ample quantities to optimize progress accordingly. Let's see what are the vital nutrients you must include in your gym diet plan for muscle gain .

Carbohydrates



Firstly, carbohydrates are the primary source of energy for the body and therefore play the most substantial role in fueling exercise. There are two different types of carbohydrates i.e. complex and simple. The names give an indication of the time taken to digest complex carbs that take a longer time period to digest than simple carbs. Furthermore, complex carbohydrates provide the body with prolonged slow-release of energy and have a great nutritional benefit. While simple carbohydrates provide the body with a short-term fast releasing energy, they contain little nutritional value. Therefore, you should consume complex carbohydrates for example whole-grains, beans, nuts, fruits, and vegetables for maintaining a proper gym diet plan.

Protein



Specifically, the majority of gym-goers will be well aware that consuming protein is important. Likewise, the reason why protein is so important is because it plays a key role in recovery and repair. A gym diet plan must include protein. During exercise, the body is exposed to strains and stresses. This cause damage to occur to the muscles at a microscopic level. So, in order to repair the damage, protein is needed. Without it, recovery periods will be extended and chronic fatigue may become a factor. Protein is found most highly in animal produce such as lean meats, eggs & dairy. Similarly, it can also be found in smaller quantities in foods such as seeds, nuts, legumes, beans, and soy.

Fats



While fats can have a positive impact on health, there are several types of fat – some of which are of greater benefit than others in gym diet plans. Recently studies have shown that saturated fats are not as harmful as once believed, you should mainly focus primarily on unsaturated fats. Examples of unsaturated fat foods include avocados, seeds, nuts, peanut butter, fish (salmon, tuna, mackerel), oils (olive, peanut), and soy products can include in your gym diet plan. Fats are often incorrectly seen as the primary reason for fat gain. However, fats are not responsible for this and actually play a key role in the absorption and transport of nutrients. In addition, they can have a positive impact and hormone production.

Gym Diet Pre-Workout Foods

Focus on carbohydrates as all pre-workout meals or snacks to provide the body with energy to last the full session. So, if energy levels are sub-optimal, then performance will suffer and have a consequent impact on our rate of adaptation. Thus, to prime the body for performance, consume complex carbohydrates, for example whole-grains, fruits, and vegetables. Also, be aware not to consume them just before the workout as they take time to digest. The recommendation is to consume complex carbs one to two hours prior to exercise to allow for full digestion. Next, focus on simple carbohydrates in a gym diet plan as they take less time to digest and provide the body with energy. recommended to consume some simple carbs during a workout to maintain energy levels and performance. For example, white bread, jam, granola, cereal, sports drinks, and fruit are all viable options for a pre-workout, energy-boosting snack. While the focus should predominantly be on carbohydrates, nevertheless it is also important to consume some protein prior to stepping into the gym. So, to support muscle protein levels should be maintained at a high level throughout each day.



Ideal 7 Day Gym Diet Chart Plan

The purpose of post-workout nutrition is two-fold, firstly, to promote muscle recovery and secondly to replenish energy. Therefore, the focus should once again be on consuming good quality protein and carb foods. As previously reflected on, the stress of training causes micro tears to that must be repaired. So, consuming protein will cause a process known as muscle protein synthesis (MPS) to occur accordingly. It will also Furthermore, there is a widely held belief that protein timing is extremely important for maximizing growth. However, a number of recently that total daily protein intake is of greater importance than the timing. Therefore, High-protein foods such as lean beef, chicken, pork, and nuts should be prioritized. Also, protein supplements, like protein shakes and bars, can serve as a convenient tool for effectively Carbohydrates should also form part of post-workout nutrition as the energy that has been expended during exercise must be replaced. Your include the necessary nutrients. Also for a proper Gym diet plan, it is advised to consume protein and carbs together as this will

SOURCE CODE OF THE PROJECT

Index.html

```
<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Fitness Club</title>
  <style>/* Add a black background color to the top navigation */
    .topnav {
      background-color: #333;
      overflow: hidden;
    }

    /* Style the links inside the navigation bar */
    .topnav a {
      float: left;
      color: #f2f2f2;
      text-align: center;
      padding: 14px 16px;
      text-decoration: none;
      font-size: 17px;
    }

    /* Change the color of links on hover */
    .topnav a:hover {
      background-color: #ddd;
      color: black;
    }

    /* Add a color to the active/current link */
    .topnav a.active {
      background-color: #04AA6D;
      color: white;
    }
  .img{
    background-image:url("http://cityfitnessclub.in/wp-content/uploads/2018/12/slider4.jpg");
    background-size:1505px;
    background-repeat: no-repeat;
    height: 500px;
```



```
        width: 1500px;
        background-attachment:fixed;
    }
    #reg{
        background-color: crimson;
        color:white;
        position: absolute;
        top: 64%;
        left: 68%;
        transform: translate(-50%, -50%);

    }
    .img a {
        float: left;
        color: #f2f2f2;
        text-align: center;
        padding: 14px 16px;
        text-decoration: none;
        font-size: 17px;
    }
    #reg:hover{
        background-color: #ddd;
        color: black;

    }
    .rr {
        size: 50px;
    }
    .container {
        display: flex;
        align-items:center;
        justify-content: center
    }

    img {
        max-width: 100%;
        max-height:100%;
    }

    .text {
        font-size: 20px;
        padding-left: 20px;
        font-family: Georgia, 'Times New Roman', Times, serif;
    }
    .container1 {
        display: flex;
```

```

        align-items:center;
        justify-content: center
    }

    img {
        max-width: 100%;
        max-height:100%;
    }

    .bi{
        background-
image:url("https://th.bing.com/th/id/R.ce787f8a8b8b4a673da5a086c560e73f?rik=VRqpz
zsz3BA60g&riu=http%3a%2f%2fwww.pixelstalk.net%2fwp-
content%2fuploads%2f2016%2f06%2fBlack-Elegant-Desktop-
Wallpaper.jpg&ehk=gY1bmM5EMzxnN10G5qMrUiqN2X7jEF9sbPdRF0MU3v8%3d&risl=&pid=ImgRaw
&r=0");
        background-repeat: no-repeat;
        height: 300px;
        width: 1500px;
    }
    .bi a {
        float: left;
        color: #f2f2f2;
        text-align: center;
        padding: 14px 16px;
        text-decoration: none;
        font-size: 17px;
        word-spacing: .2rem;
        line-height: 2;
    }
</style>
</head>
<body>
    <div class="topnav">
        <a class="active" href="#home">FITNESS CLUB</a>
        <a href="training.html">Training</a>
        <a href="time_table.html">Timetable</a>
        <a href="nutrition.html">Nutrition</a>
        <a href="jj.html">Membership</a>
        <a href="about.html">About</a>
    </div>
    <div class="img" >
        <a id="reg" href="register.html">REGISTER NOW</a>
    </div>
    <hr>

```

```

    <div class="container">
      <div class="image">
        
        </div>
      <div class="text">
        <p><b>
          <h1>WELCOME TO FITNESS CLUB</h1>

          With Unique Concept where family can spend their time in fitness
          & sports activities together We provide you with the finest equipment & fitness
          knowledge to help you achieve your fitness goal .Till now we have serve more than
          40000 members across pune We,300 staff and 80 fitness & Sports Professionals are
          working together for one thing " How Can I Help You Today To Achieve Your Goal

          </b></p>
        </div>
      </div>
    <hr>
    <div class="bi">
      <b>
        <a><h1>JUST GETTING STARTED?</h1>

        Whether Your Goal Is To Lose Weight, Tone Your Body, Be
        Rehabilitated Following An Injury Or Just Have Fun With A Group Of Friends,
        Fitness Club Has Something For Everyone. Our Passion Is Health And Fitness And
        Our Goal Is To Be Your Source Of Total Well-Being And Vitality.</a>

        </b>
      </div>
</body>
</html>

```

about.html

```

!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>ABOUT</title>
</head>
<style>
  body {
    font-family: Arial, Helvetica, sans-serif;
    margin: 0;

```

```
}

html {
  box-sizing: border-box;
}

*, *:before, *:after {
  box-sizing: inherit;
}

.column {
  float: left;
  width: 33.3%;
  margin-bottom: 16px;
  padding: 0 8px;
}

.card {
  box-shadow: 0 4px 8px 0 rgba(0, 0, 0, 0.2);
  margin: 8px;
}

.about-section {
  padding: 50px;
  text-align: center;
  background-color: #474e5d;
  color: white;
}

.container {
  padding: 0 16px;
}

.container::after, .row::after {
  content: "";
  clear: both;
  display: table;
}

.title {
  color: grey;
}

.button {
  border: none;
  outline: 0;
```

```

display: inline-block;
padding: 8px;
color: white;
background-color: #000;
text-align: center;
cursor: pointer;
width: 100%;
}

.button:hover {
  background-color: #555;
}

@media screen and (max-width: 650px) {
  .column {
    width: 100%;
    display: block;
  }
}
</style>
<body>
  <div class="about-section">
    <h1>About Us</h1>
    <p>We are all very different. We were born in different cities, at
different times, we</p>
    <p>love different music, food, movies. But we have something that unites
us all. It is</p>
    <p>our website. We are its heart. We are not just a team, we are a family
</p>
  </div>

  <h2 style="text-align:center">Our Team</h2>
  <div class="row">
    <div class="column">
      <div class="card">
        
        <div class="container">
          <h2>Saad Wasim</h2>
          <p class="title">CEO & Founder</p>
          <p>REG ID-12221478.</p>
          <p>saadwasim444@gmail.com</p>
          <p><a href="saad.html" button
class="button">Contact</button></a></p>
        </div>
      </div>
    </div>
  </div>
</div>

```

```

        <div class="column">
            <div class="card">
                
                <div class="container">
                    <h2>Mohd Arshil Azim</h2>
                    <p class="title">CO FOUNDER</p>
                    <p>REG ID-12217336</p>
                    <p>md351769@gmail.com</p>
                    <p><a href="arshil.html" button
class="button">Contact</button></a></p>
                </div>
            </div>
        </div>

        <div class="column">
            <div class="card">
                
                <div class="container">
                    <h2>Aditya Bhadade</h2>
                    <p class="title">Designer</p>
                    <p>REG ID-12221228</p>
                    <p>bhadadeaditya1310@gmail.com</p>
                    <p><a href="aditya.html" button
class="button">Contact</button></a></p>
                </div>
            </div>
        </div>
    </div>
</body>
</html>

```

Saad.html

```

<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>CONTACT</title>
    <style>
        h1{
            font-size: 400%;
            word-spacing: 4px;
            color: rgb(72, 15, 231);
        }
        .sm{

```



```
        background-image:url("back01.jpg") ;
        background-size:1500px;
        background-repeat: no-repeat;
        height: 680px;
        width: 1500px;
        background-attachment:scroll;
    }
    #ins{
        background-color: rgb(234, 44, 136);
        color:white;
        position: absolute;
        top: 30%;
        left: 20%;
        transform: translate(-50%, -50%);
        font-size: xx-large;
        font-weight: 500;
        word-spacing: 6px;
    }
    #lin{
        background-color: rgb(93, 14, 211);
        color:white;
        position: absolute;
        top: 45%;
        left: 20%;
        transform: translate(-50%, -50%);
        font-size: xx-large;
        font-weight: 500;
        word-spacing: 6px;
    }
    #git{
        background-color: grey;
        color:white;
        position: absolute;
        top: 60%;
        left: 20%;
        transform: translate(-50%, -50%);
        font-size: xx-large;
        font-weight: 500;
        word-spacing: 6px;
    }
    #ins:hover{
        background-color: #ddd;
        color: black;}
    #lin:hover{
```

```

        background-color: #ddd;
        color: black;}
#git:hover{
    background-color: #ddd;
    color: black;}
#ins a.active {
    background-color: crimson;
    color: white;
}
#lin a.active {
    background-color: rgb(93, 14, 211);
    color: white;
}
#git a.active {
    background-color: grey;
    color: white;
}
.sm a {
    float: left;
    color: #f2f2f2;
    text-align: center;
    padding: 14px 16px;
    text-decoration: none;
    font-size: 17px;
}
</style>

</head>
<body><p>
    <div class="sm">
        <a id="ins" href="https://www.instagram.com/saad002wasim/">INSTAGRAM</a>
        <a id="lin" href="https://www.linkedin.com/in/saad-wasim-2b3304252">LinkedIn</a>
        <a id="git" href="https://github.com/SaadWasim002">GITHUB</a>
    </div>
</p>
</body>
</html>

```

Aditya.html

```

<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>CONTACT</title>

```

```
<style>
  h1{
    font-size: 400%;
    word-spacing: 4px;
    color: rgb(72, 15, 231);
  }
  .sm{
    background-image:url("back01.jpg") ;
    background-size:1500px;
    background-repeat: no-repeat;
    height: 680px;
    width: 1500px;
    background-attachment:scroll;
  }
  #ins{
    background-color: rgb(6, 6, 150);
    color:white;
    position: absolute;
    top: 30%;
    left: 20%;
    transform: translate(-50%, -50%);
    font-size: xx-large;
    font-weight: 500;
    word-spacing: 6px;

  }
  #lin{
    background-color: rgb(93, 14, 211);
    color:white;
    position: absolute;
    top: 45%;
    left: 20%;
    transform: translate(-50%, -50%);
    font-size: xx-large;
    font-weight: 500;
    word-spacing: 6px;

  }
  #git{
    background-color: grey;
    color:white;
    position: absolute;
    top: 60%;
    left: 20%;
    transform: translate(-50%, -50%);
    font-size: xx-large;
```

```

        font-weight: 500;
        word-spacing: 6px;
    }
    #ins:hover{
        background-color: #ddd;
        color: black;}
    #lin:hover{
        background-color: #ddd;
        color: black;}
    #git:hover{
        background-color: #ddd;
        color: black;}
    #ins a.active {
        background-color: crimson;
        color: white;
    }
    #lin a.active {
        background-color: rgb(93, 14, 211);
        color: white;
    }
    #git a.active {
        background-color: grey;
        color: white;
    }
    .sm a {
        float: left;
        color: #f2f2f2;
        text-align: center;
        padding: 14px 16px;
        text-decoration: none;
        font-size: 17px;
    }
    </style>

</head>
<body><p>
    <div class="sm">
        <a id ="ins" href="https://www.facebook.com/adi.bhadade/">FACEBOOK</a>
        <a id ="lin" href="http://www.linkedin.com/in/bhadadeaditya">LinkedIn</a>
        <a id ="git" href="https://github.com/aditya-1310">GITHUB</a>
    </div>
</p>
</body>
</html>

```

Arshil.html

<!DOCTYPE html>

```
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>CONTACT</title>
  <style>
    h1{
      font-size: 400%;
      word-spacing: 4px;
      color: rgb(72, 15, 231);
    }
    .sm{
      background-image:url("back01.jpg") ;
      background-size:1500px;
      background-repeat: no-repeat;
      height: 680px;
      width: 1500px;
      background-attachment:scroll;
    }
    #ins{
      background-color: rgb(234, 44, 136);
      color:white;
      position: absolute;
      top: 30%;
      left: 20%;
      transform: translate(-50%, -50%);
      font-size: xx-large;
      font-weight: 500;
      word-spacing: 6px;
    }
    #lin{
      background-color: rgb(93, 14, 211);
      color:white;
      position: absolute;
      top: 45%;
      left: 20%;
      transform: translate(-50%, -50%);
      font-size: xx-large;
      font-weight: 500;
      word-spacing: 6px;
    }
    #git{
      background-color: grey;
```

```

        color:white;
        position: absolute;
        top: 60%;
        left: 20%;
        transform: translate(-50%, -50%);
        font-size: xx-large;
        font-weight: 500;
        word-spacing: 6px;
    }
    #ins:hover{
        background-color: #ddd;
        color: black;}
    #lin:hover{
        background-color: #ddd;
        color: black;}
    #git:hover{
        background-color: #ddd;
        color: black;}
    #ins a.active {
        background-color: crimson;
        color: white;
    }
    #lin a.active {
        background-color: rgb(93, 14, 211);
        color: white;
    }
    #git a.active {
        background-color: grey;
        color: white;
    }
    .sm a {
        float: left;
        color: #f2f2f2;
        text-align: center;
        padding: 14px 16px;
        text-decoration: none;
        font-size: 17px;
    }
    </style>

</head>
<body><p>
    <div class="sm">
        <a id="ins"
href="https://instagram.com/arshil_963?igshid=YmMyMTA2M2Y=">INSTAGRAM</a>

```



```

        <a id ="lin" href="https://www.linkedin.com/in/mohd-arshil-azim-9b050b258">LinkedIn</a>
        <a id ="git" href="https://github.com/mohdarshil09">GITHUB</a>
    </div>
</p>
</body>
</html>

```

Nutrition.html

```

<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>NUTRITION</title>
    <style>

        *{
            color: rgb(9, 6, 6);

        }
        h1{
            font-size: 300%;
            text-align: center;
            color: black;
            font-style: italic;
            font-weight: 500;
        }
        #ll{
            font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman',
serif;

            word-spacing: 4px;
            font-size: larger;
        }
        h2{
            font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman',
serif;

            font-size: x-large;
        }
        #aa{
            font-family: Georgia, 'Times New Roman', Times, serif;
            word-spacing: 4px;
            font-size: larger;

        }
    </style>

```

```
h3{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman',
serif;
    font-size: x-large;
}
#bb{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman',
serif;
    word-spacing: 4px;
    font-size: larger;
}
h4{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman',
serif;
    font-size: x-large;
}
#cc{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman',
serif;
    word-spacing: 4px;
    font-size: larger;
}
h5{
    font-family: Cochin, Georgia, Times, 'Times New Roman', serif;
    font-size: x-large;
}
#dd{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman',
serif;
    word-spacing: 4px;
    font-size: larger;
}
h6{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman',
serif;
    font-size: x-large;
}
#ee{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman',
serif;
    word-spacing: 4px;
    font-size: x- larger;
}
```

```

        h7{
            font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman',
serif;
            font-size:x-large ;
        }
        #ff{
            font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman',
serif;
            word-spacing: 4px;
            font-size: larger;
        }

    </style>
</head>
<body>
    <p>
        <h1><b>The Ultimate 7 Day Gym Diet Plan<b></h1>
        
        <p id="ll">
            When it comes to nutrition, things can become
overly complicated. However, it is clear that nutrition has a huge<br>
            impact on the progress that you make in the gym. This article will highlight a
number of considerations that must be made and applied in order
            to bring about substantial changes. In addition, it will also serve
as a resource and highlight the nutrient rich foods that one should <br>
            incorporate in their daily gym diet plan.</p>
        <h2>
            Foods To Add To Your
Gym Diet Plan</h2>
        <p id="aa" style="text-align: left;">
            There are mainly three
macronutrients that play a crucial role in maintaining bodily functions and even
promote changes <br>
            in strength and composition – they are carbs,
proteins, and fats and it is essential that we consume all three macros in ample
quantities
            to optimize progress accordingly. Let’s see what are the vital nutrients
you must include in your gym diet plan for muscle gain .
        </p>
        <h3>
            Carbohydrates</h3>

        
        <P id="bb">
            Firstly, carbohydrates are the primary
source of energy for the body and therefore play the most substantial role in
<br>
            fueling exercise. There are two different types of

```

carbohydrates i.e. complex and simple. The names give an indication of the time taken to

digest complex carbs that take a longer time period to digest than simple carbs. Furthermore, complex carbohydrates provide the body with
prolonged slow-release of energy and have a great nutritional benefit. While simple carbohydrates provide the body with a short-term
fast releasing energy, they contain little nutritional value. Therefore, you should consume complex carbohydrates for example whole-grains, beans, nuts, fruits, and vegetables for maintaining a proper gym diet plan.

<h4>

Protein</h4>

<p id="cc" style="text-align: left;"> Specifically, the majority of gym-goers will be well aware that consuming protein is important. Likewise, the reason why protein is so important

is because it plays a key role in recovery and repair. A gym diet plan must include protein. During exercise, the body is exposed to

strains and stresses. This cause damage to occur to the muscles at a microscopic level. So, in order to repair the damage, protein

is needed. Without it, recovery periods will be extended and chronic fatigue may become a factor. Protein is found most highly in animal produce such as lean meats, eggs & dairy. Similarly, it can also be found in smaller quantities in foods such as seeds, nuts, legumes, beans, and soy.

<h5>

Fats</h5>

<p id="dd" style="text-align: left;"> While fats can have a positive impact on health, there are several types of fat – some of which are of greater benefit than others in gym diet plans.

Recently studies have shown that saturated fats are not as harmful as once believed, you should mainly focus primarily on unsaturated fats.

Examples of unsaturated fat foods include avocados, seeds, nuts, peanut butter, fish (salmon, tuna, mackerel), oils (olive, peanut), and soy products

can include in your gym diet plan. Fats are often incorrectly seen as the primary reason for fat gain. However, fats are not

responsible for this and actually play a key role in the absorption and transport of nutrients. In addition, they can have a positive impact and hormone production.

<h6 style="text-align: center ;">

Gym Diet Pre-Workout Foods</h6>

`<p id="ee"style="text-align: left;">` Focus on carbohydrates as all pre-workout meals or snacks to provide the body with energy to last the full session. So, if energy levels are sub-optimal, then performance will suffer and have a consequent impact on our rate of adaptation. Thus, to prime the body for performance, consume complex carbohydrates, for example whole-grains, fruits, and vegetables. Also, be aware not to consume them just before the workout as they take time to digest. The recommendation is to consume complex carbs one to two hours prior to exercise to allow for full digestion. Next, focus on simple carbohydrates in a gym diet plan as they take less time to digest and provide the body with energy. recommended to consume some simple carbs during a workout to maintain energy levels and performance. For example, white bread, jam, granola, cereal, sports drinks, and fruit are all viable options for a pre-workout, energy-boosting snack. While the focus should predominantly be on carbohydrates, nevertheless it is also important to consume some protein prior to stepping into the gym. So, to support muscle protein levels should be maintained at a high level throughout each day.`</p>`

``

`<p><h7>` Ideal 7 Day Gym Diet Chart Plan `</h7></p>`

`<p id="ff"style="text-align: left;">` The purpose of post-workout nutrition is two-fold, firstly, to promote muscle recovery and secondly to replenish energy. Therefore, the focus should once again be on consuming good quality protein and carb foods. As previously reflected on, the stress of training causes micro tears to that must be repaired. So, consuming protein will cause a process known as muscle protein synthesis (MPS) to occur accordingly. It will also Furthermore, there is a widely held belief that protein timing is extremely important for maximizing growth. However, a number of recently that total daily protein intake is of greater importance than the timing. Therefore, High-protein foods such as lean beef, chicken, pork, and nuts should be prioritized. Also, protein supplements, like protein shakes and bars, can serve as a convenient tool for effectively Carbohydrates should also form part of post-workout nutrition as the energy that has been expended during exercise must be replaced. Your include the necessary nutrients. Also for a proper Gym diet plan, it is advised to consume protein and carbs together as this will have the Thus, this enhances protein and glycogen (energy) synthesis. Moreover, a ratio of 3:1 carb to protein is prescribed for optimizing recovery.`</p>`

`</p>`

`</body>`

</html>

Register.html

```
<!DOCTYPE html>
<html>
<style>
body {font-family: Arial, Helvetica, sans-serif;}
* {box-sizing: border-box}

/* Full-width input fields */
input[type=text], input[type=password] {
  width: 100%;
  padding: 15px;
  margin: 5px 0 22px 0;
  display: inline-block;
  border: none;
  background: #f1f1f1;
}

input[type=text]:focus, input[type=password]:focus {
  background-color: #ddd;
  outline: none;
}

hr {
  border: 1px solid #f1f1f1;
  margin-bottom: 25px;
}

/* Set a style for all buttons */
button {
  background-color: #04AA6D;
  color: white;
  padding: 14px 20px;
  margin: 8px 0;
  border: none;
  cursor: pointer;
  width: 100%;
  opacity: 0.9;
}

button:hover {
  opacity:1;
}

/* Extra styles for the cancel button */
.cancelbtn {
```



```

padding: 14px 20px;
background-color: #f44336;
}

/* Float cancel and signup buttons and add an equal width */
.cancelbtn, .signupbtn {
float: left;
width: 50%;
}

/* Add padding to container elements */
.container {
padding: 16px;
}

/* Clear floats */
.clearfix::after {
content: "";
clear: both;
display: table;
}

/* Change styles for cancel button and signup button on extra small screens */
@media screen and (max-width: 300px) {
.cancelbtn, .signupbtn {
width: 100%;
}
}
</style>
<body>

<form action="/action_page.php" style="border:1px solid #ccc">
  <div class="container">
    <h1>Sign Up</h1>
    <p>Please fill in this form to create an account.</p>
    <hr>

    <label for="email"><b>Email</b></label>
    <input type="text" placeholder="Enter Email" name="email" required>

    <label for="psw"><b>Password</b></label>
    <input type="password" placeholder="Enter Password" name="psw" required>

    <label for="psw-repeat"><b>Repeat Password</b></label>
    <input type="password" placeholder="Repeat Password" name="psw-repeat"
required>

```

```

    <label>
      <input type="checkbox" checked="checked" name="remember" style="margin-
bottom:15px"> Remember me
    </label>

    <p>By creating an account you agree to our <a href="#"
style="color:dodgerblue">Terms & Privacy</a>.</p>

    <div class="clearfix">
      <button type="button" class="cancelbtn">Cancel</button>
      <button type="submit" class="signupbtn">Sign Up</button>
    </div>
  </div>
</form>

</body>
</html>

```

time_table.html

```

<!DOCTYPE html>
<html lang="en">
  <style>table, th, td {
    border: 1px solid rgb(31, 142, 152);
    border-collapse: collapse;
  }
  th, td {
    background-color: #e2f3f3;
  }
  tr{
    text-align: center;
  }</style>
<head>
  <meta charset="UTF-8">
  <meta http-equiv="X-UA-Compatible" content="IE=edge">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
</head>
<title>TIMETABLE</title>
<table style="width:100%"="height:100%">
  <tr>
    <th style="height:120px"><h1>DAYS</h1></th>
    <th><h1>WORKOUTS</h1></th>
    <th><h1>TIME</h1></th>
  </tr>
  <tr style="height:80px">

```

```

        <td><h3>Monday</h3></td>
        <td><h3>Arms,Chest,Shoulders</h3></td>
        <td><h3>2:00-6:00pm</h3></td>
    </tr>
    <tr style="height:80px">
        <td><h3>Tuesday</h3></td>
        <td><h3>Legs,back,Abdominals</h3></td>
        <td><h3>1:00-5:00pm</h3></td>
    </tr>
    <tr style="height:80px">
        <td><h3>Wednesday</h3></td>
        <td><h3>Rest day</h3></td>
        <td><h3>-</h3></td>
    </tr>
    <tr style="height:80px">
        <td><h3>thursday</h3></td>
        <td><h3>Shoulders,chest,Abdomial</h3></td>
        <td><h3>3:00-6:00pm</h3></td>
    </tr>
    <tr style="height:80px">
        <td><h3>Friday</h3></td>
        <td><h3>legs,back,chest</h3></td>
        <td><h3>1:30-6:00pm</h3></td>
    </tr>
    <tr style="height:80px">
        <td><h3>Saturday</h3></td>
        <td><h3>rest day</h3></td>
        <td><h3>-</h3></td>
    </tr>
    <tr style="height:80px">
        <td><h3>sunday</h3></td>
        <td><h3>Shoulders,chest,legs</h3></td>
        <td><h3>2:00-6:00pm</h3></td>
    </tr>
</table>

<body>

</body>
</html>

```

Training.html

```

<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">

```

```

<meta http-equiv="X-UA-Compatible" content="IE=edge">
<meta name="viewport" content="width=
, initial-scale=1.0">
<title>TRAINING</title>
</head>
<style>
    .background{
        background-image:
url("https://media.istockphoto.com/id/1287504319/photo/fitness-equipment-on-the-
floor-at-the-gym.jpg?s=612x612&w=0&k=20&c=YdX22jy89A_E5Id-
Gv1RbcgIZIiSlIJpN2u0NTgTdDc=");
        background-size: cover;
        background-repeat: no-repeat;
        height: 800;
        width: 1000;
        background-position: center;
    }

    *{
        color: white;
    }
    h1{
        font-size: 300%;
        text-align: center;
        color: rgb(216, 167, 19);
        font-family: 'Rubik Distressed'
    }
    h2{
        font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman', serif;
        font-size: x-large;
    }
    body h2+p{
        font-family: Georgia, 'Times New Roman', Times, serif;
        word-spacing: 4px;
        font-size: 60;
    }
    h3{

        font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman', serif;
        font-size: x-larges;
    }
    body h3+p{
        font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman', serif;
        word-spacing: 4px;
    }

```

```

h4{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman', serif;
    font-size: x-large;
}
body h4+p{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman', serif;
    word-spacing: 4px;
}
h5{
    font-family: Cochin, Georgia, Times, 'Times New Roman', serif;
    font-size: x-large;
}
body h5+p{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman', serif;
    word-spacing: 4px;
}
h6{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman', serif;
    font-size: x-large;
}
h7{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman', serif;
    font-size: large;
}
body h7+p{
    font-family: Cambria, Cochin, Georgia, Times, 'Times New Roman', serif;
    word-spacing: 4px;
    font-size: larger;
}

</style>
<body>
    <div class="background">

        <pre>
            <b> <h1> Weight training: Improve your muscular fitness</h1>
            <h2>                Weight training can help you tone your muscles, improve
your appearance and fight age-related muscle loss.</h2>
            <p>                Your friends enjoy using the weight machines and free weights
at the fitness center.<br>                And you see the results of their hard work –
toned muscles and an overall improved physique. You'd like to start a <br>
weight training program, but you're not sure you have the time. Think again.</p>
            <h3>                Weight training 101</h3>

```

`<p>` Weight training is a type of strength training that uses weights for resistance. Weight training provides a stress `
` to the muscles that causes them to adapt and get stronger, similar to the way `
` aerobic conditioning strengthens your heart.

Weight training can be performed with free weights, such as barbells and dumbbells, or by using weight machines. `
` You can also increase your strength through other types of resistance exercises, such as by `
` using your body weight or resistance bands.`</p>`

`<h4>` Weight training: How much is enough?`</h4>`

`<p>` You don't have to be in the weight room for 90 minutes a day to see results. For most people, short weight training sessions `
` a couple of times a week are more practical than are extended daily

You can see significant improvement in your strength with just two or three 20- or 30-minute weight training sessions a week. `
` That frequency also meets activity recommendations for healthy adults.

The Department of Health and Human Services recommends incorporating strength training exercises of all the major muscle `
` groups into a fitness routine at least two times a week.`</p>`

`<h5>` Weight training: It's all about technique`</h5>`

`<p>` Weight training offers important health benefits when done properly. But it can lead to injuries, such as sprains, strains and fractures, if it's not done correctly.

For best results, consider these basic weight training principles: Learn proper technique. If you're new to weight training, work with a trainer or other fitness specialist to `
` learn correct form and technique. Even experienced athletes may need to brush up on their form from time to time.

Warm up. Cold muscles are more prone to injury than are warm muscles. Try brisk walking or another aerobic activity for five or 10 minutes before lifting weights.

Do a single set of repetitions. Theories on the best way to approach weight training abound, including countless repetitions and hours at the gym. But research shows that `
` that fatigues your muscle after about to 15 repetitions can build muscle efficiently in most people and can be as effective as three sets of the same exercise.

Use the proper weight. The proper weight to lift is heavy enough to tire your muscles after about 12 to 15 repetitions. You should be barely able to finish the last repetition.

Start slowly. If you're a beginner, you may find that you're able to lift only a few pounds. That's OK. Once your muscles, tendons and ligaments get used to weight training `
` quickly you progress. Once you can easily do 12 to 15 repetitions or more with a particular weight, gradually increase the weight.

Take time to rest. To give your muscles time to recover, rest one full day between exercising each specific muscle group. You might choose to work the major muscle groups `
` times a week, or plan daily sessions for specific muscle groups. For example, on Monday work your arms and shoulders, on Tuesday work your legs, and so on.`</p>`

```

    <h7>Reap the rewards of weight training</h7>
    <p>        Lean muscle mass naturally decreases with age. If you don't
do anything to replace the muscle loss, it'll be replaced with fat. But weight
training can help you reverse the trend – at any age.

        As your muscle mass increases, you'll be able to lift weights more easily
and for longer periods of time. You'll also help to maintain your bone density,
better manage your weight and improve your <br>        body's metabolism. So
don't wait. Get started today
    </b>
</pre>
</div>
</body>
</html>

```

jj.html

```

<!DOCTYPE html>
<html lang="en">
<head>
    <meta charset="UTF-8">
    <meta http-equiv="X-UA-Compatible" content="IE=edge">
    <meta name="viewport" content="width=device-width, initial-scale=1.0">
    <title>Document</title>

</head>
<body>
    <div class="back">
        
    </div>
</body>
</html>

```