

一共有 3 个改版需要做：

【第 1 改版】需要完成的是健身计划 “天天锻炼”
改版

包括两个设计任务——

第一个，表格大概如下：



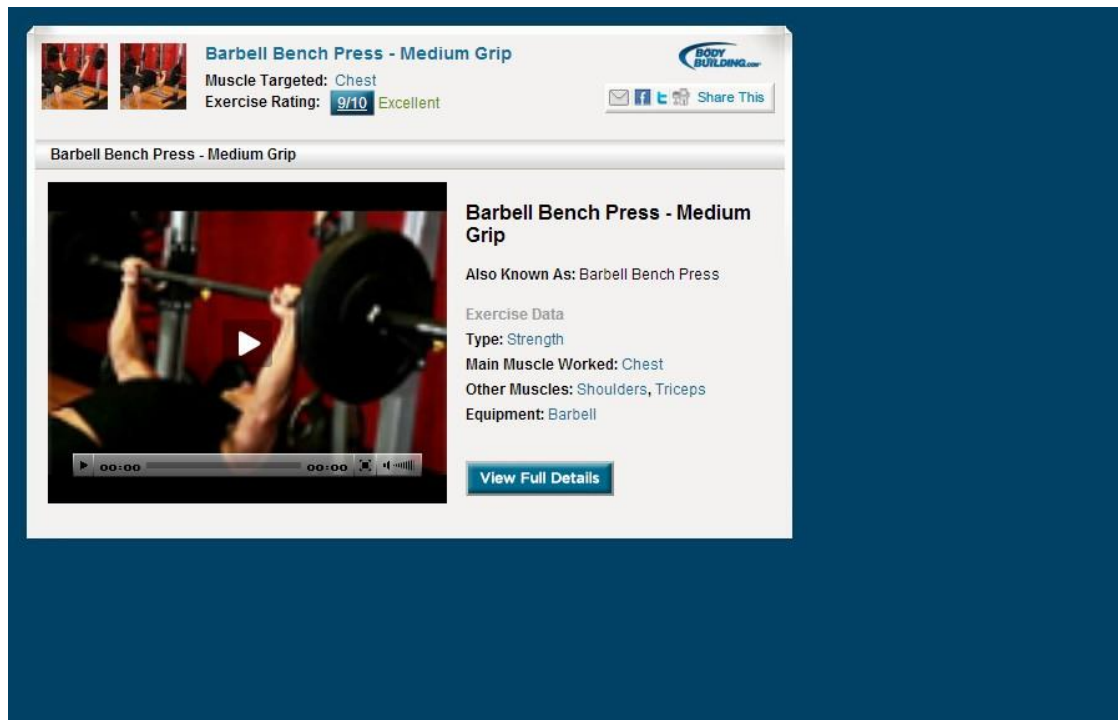
1. 其中蓝色条的组有可能增加到 ABCD 四个组，所以应是可以增加的；
2. 每个组里面的动作也是有可能增加多个的，比如 B 组有两个动作，多的时候有可能 6-7 个；
3. 点击每个动作名称将会弹出视频窗口，这就是 Dong 第二个要设计的东西

第二个，视频小弹窗

看图：

<http://www.bodybuilding.com/exercises/main/popup/name/barbell-bench-press-medium-grip>

（原图）



（效果图）动作部位/器械会加链接

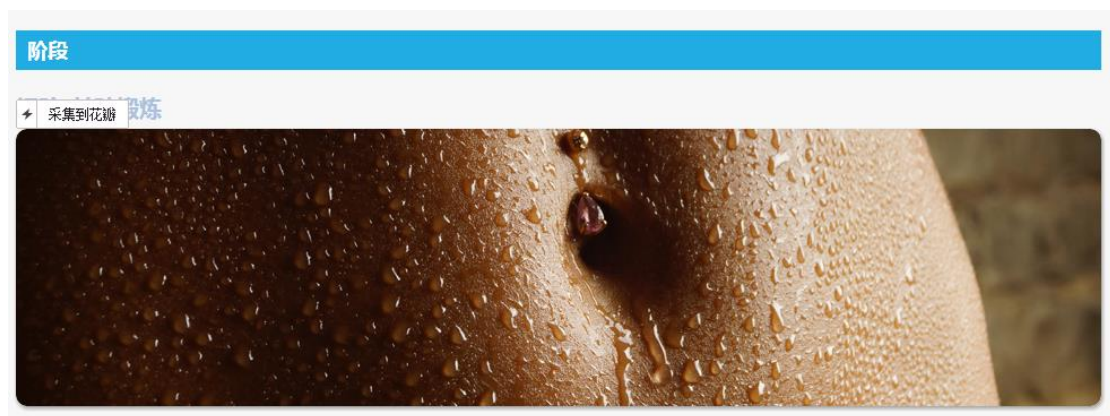


（再在锻炼部位下面加一个，动作类型：复合性）

【第 2 个改版】特定锻炼计划

（导航栏）健身计划 >> 天天锻炼 、（增加） 特定健身计划

（1）



蓝色条：特定锻炼计划

蓝条下面：21 天减肥计划

图片点击进去之后，类似天天锻炼的页面，不过少了划片下面的 4 张

小图：效果如下



The Bizzy Diet 21-Day Fitness Plan: Upper Body【标题】 21天减肥计划

The clock is ticking. Luckily, you're transforming! Here's the upper-body Bizzy workout that'll help you get peeled in 21 days.

Tweet



18

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无法显



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教练 : Mark

May 02, 2012

下面红色字体有链接，进入同级文章页面

Overview | [综述](#) | [Nutrition & Supplements](#) | [Workout A](#) | [Workout B](#) | [Rest](#)

Your business suit says a lot about you. If it doesn't fit you anymore, it says more than you want it to. You can get the chest, gut, back and arms you want, and it starts with this 3-week jaunt through a dedicated fitness regimen.

TRAINING BREAKDOWN (NO REST)

1. Cardio Intervals (20 minutes)
2. Weightlifting Circuit x 2

这个综述页面的内容有视频有文章有图片，其中有一个设计任务 -

(2)【计划日程表】也内嵌在文章里面 ——

21天超级减肥计划！

第一天 计划A	DAY 2 计划B	DAY 3 UPPER BODY + CARDIO	DAY 4 REST	DAY 5 LOWER BODY + CARDIO	DAY 6 休息	DAY 7 REST
DAY 8 UPPER BODY + CARDIO	DAY 9 LOWER BODY + CARDIO	DAY 10 UPPER BODY + CARDIO	DAY 11 REST	DAY 12 LOWER BODY + CARDIO	DAY 13 REST	DAY 14 REST
DAY 15 UPPER BODY + CARDIO	DAY 16 LOWER BODY + CARDIO	DAY 17 UPPER BODY + CARDIO	DAY 18 REST	DAY 19 LOWER BODY + CARDIO	DAY 20 REST	DAY 21 REST

其中计划 A，计划 B 和休息都是可以点击的，分别进入文章页面

比如，进入计划 A，基本上排版跟综述是一样的，也有视频文章图片，其中这里有特别之处就是具体的【动作组合】，基本设计是跟天天锻炼改版页面一样的。点击动作也是弹出小视频。

The Workout

Workout A: Upper Body + Cardio

Note: The entire workout is performed without rest.

Cardio Intervals 1: 20 min total



HIIT Intervals

1 min walk, 1 min run, repeat for 20 min, no rest
Apply to whatever you have available: [bike](#), [elliptical](#), etc.

Weightlifting Circuit: 2 rounds



Barbell Bench Press - Medium Grip

20 reps
[Press](#), [Pushups](#)

Other Options:
[Dumbbell Bench](#)



One-Arm Dumbbell Row

20 reps, per arm



Standing Military Press

20 reps



Barbell Curl

20 reps



Tricep Dumbbell Kickback

20 reps

【第3个改版】 视频页面改版：



锻炼视频改成 【锻炼部位】

点击进入下面这个画面

<< **回到主页面** >>

Want to Save this Search?

Exercise Filters **分类搜索**

锻炼部位 全选

☐ Abdominals ☐ Lats

☐ Abductors ☐ Lower Back

☐ Adductors ☐ Middle Back

☐ Biceps ☐ Neck

☐ Calves ☐ Quadriceps

☐ Chest ☐ Shoulders

☐ Forearms ☐ Traps

☐ Glutes ☐ Triceps

☐ Hamstrings

锻炼类型 全选

Mechanics Type: **Select All**

☒ Compound **复合性**

☒ Isolation **独立性**

器械类型 全选

Equipment Type: **Select All**

☒ Bands ☒ Foam Roll

☒ Barbell ☒ Kettlebells

☒ Body Only ☒ Machine

☒ Cable ☒ Medicine Ball

☒ Dumbbell ☒ None

☒ E-Z Curl Bar ☒ Other

☒ Exercise Ball

根据部位选择

热门动作/推荐动作

<p>Pistol Dip on Exercise Ball</p> <p>Muscle : ps</p>	<p>Double Leg Butt Kick</p> <p>Main Muscle : Upper Legs</p>	<p>Alternating Kettlebell Row</p> <p>Main Muscle : Back</p>	<p>Hip Adduction</p> <p>Main Muscle : Glutes</p>
<p>Bent Over Arm Dumbbell Row</p> <p>Muscle : se Fly</p>	<p>Warrior Pose</p> <p>Main Muscle : Glutes</p>	<p>Reverse Grip Smith Machine Bent Over Row</p> <p>Main Muscle : Glutes</p>	<p>Walking Lunges</p> <p>Main Muscle : Glutes</p>

点击部位，或者分类。进入相应下一个页面：

Exercise Guides – Shoulder Exercises

锻炼部位 - 肩部

[<<回到上一頁](#)

Want to Save this Search?

Exercise Filters **分类搜索**

锻炼部位 全选

☐ Abdominals
☐ Abductors
☐ Adductors
☐ Biceps
☐ Calves
☐ Chest
☐ Forearms
☐ Glutes
☐ Hamstrings

☐ Lats
☐ Lower Back
☐ Middle Back
☐ Neck
☐ Quadriceps
☐ Shoulders
☐ Traps
☐ Triceps

锻炼类型 全选

Mechanics Type: **Select All**

☒ Compound

复合性

☒ Isolation

独立性

器械类型 全选

Equipment Type: **Select All**

☒ Bands
☒ Barbell
☒ Body Only
☒ Cable
☒ Dumbbell
☒ E-Z Curl Bar
☒ Exercise Ball

☒ Foam Roll
☒ Kettlebells
☒ Machine
☒ Medicine Ball
☒ None
☒ Other

缩略图	名称	锻炼部位	器材
	Alternating Cable Shoulder Press	Muscle Targeted: Shoulders	Equipment Type: Cable
	Alternating Deltoid Raise	Muscle Targeted: Shoulders	Equipment Type: Dumbbell
	Alternating Kettlebell Press	Muscle Targeted: Shoulders	Equipment Type: Kettlebells
	Anti-Gravity Press	Muscle Targeted: Shoulders	Equipment Type: Barbell
	Arm Circles	Muscle Targeted: Shoulders	Equipment Type: None
	Arnold Dumbbell Press	Muscle Targeted: Shoulders	Equipment Type: Dumbbell
	Back Flyes - With Bands	Muscle Targeted: Shoulders	Equipment Type: Bands
	Backward Medicine Ball Throw	Muscle Targeted: Shoulders	Equipment Type: Medicine Ball
	Band Pull Apart	Muscle Targeted: Shoulders	Equipment Type: Bands
	Barbell Incline Shoulder Raise	Muscle Targeted: Shoulders	Equipment Type: Barbell
	Barbell Rear Delt Row	Muscle Targeted: Shoulders	Equipment Type: Barbell
	Barbell Shoulder Press		

其实，以上两个页面可以合并成一个，因为左侧东西是不变的，所以可以在同一个页面进行切换，如下图

Exercise Guides – Shoulder Exercises

Filters applied >> Main Muscle X

[<<Return to Exercise Main](#)

Want to Save this Search?

Exercise Filters

Main Muscle Targeted: [Select All](#)

<input type="checkbox"/> Abdominals	<input checked="" type="checkbox"/> Lats 38
<input type="checkbox"/> Abductors	<input type="checkbox"/> Lower Back
<input checked="" type="checkbox"/> Adductors	<input checked="" type="checkbox"/> Middle Back 34
<input type="checkbox"/> Biceps	<input type="checkbox"/> Neck
<input type="checkbox"/> Calves	<input type="checkbox"/> Quadriceps
<input checked="" type="checkbox"/> Chest 83	<input checked="" type="checkbox"/> Shoulders 127
<input checked="" type="checkbox"/> Forearms 25	<input checked="" type="checkbox"/> Traps 16
<input type="checkbox"/> Glutes	<input type="checkbox"/> Triceps
<input type="checkbox"/> Hamstrings	

Exercise Type: [Deselect All](#)

<input checked="" type="checkbox"/> Cardio 0
<input checked="" type="checkbox"/> Olympic Weightlifting 7
<input checked="" type="checkbox"/> Plyometrics 17
<input checked="" type="checkbox"/> Powerlifting 1
<input checked="" type="checkbox"/> Strength 264
<input checked="" type="checkbox"/> Stretching 28
<input checked="" type="checkbox"/> Strongman 6

Equipment Type: [Deselect All](#)

<input checked="" type="checkbox"/> Bands 9	<input checked="" type="checkbox"/> Foam Roll 2
<input checked="" type="checkbox"/> Barbell 52	<input checked="" type="checkbox"/> Kettlebells 33
<input checked="" type="checkbox"/> Body Only 21	<input checked="" type="checkbox"/> Machine 23
<input checked="" type="checkbox"/> Cable 42	<input checked="" type="checkbox"/> Medicine Ball 11
<input checked="" type="checkbox"/> Dumbbell 66	<input checked="" type="checkbox"/> None 20

Sort	Name ^	Muscle	Equipment	Rating
		Alternating Cable Shoulder Press	Muscle Targeted: Shoulders Equipment Type: Cable	9.0 Out of 10
		Alternating Deltoid Raise	Muscle Targeted: Shoulders Equipment Type: Dumbbell	9.1 Out of 10
		Alternating Floor Press	Muscle Targeted: Chest Equipment Type: Kettlebells	6.4 Out of 10
		Alternating Kettlebell Press	Muscle Targeted: Shoulders Equipment Type: Kettlebells	8.8 Out of 10
		Alternating Dumbbell Press	Muscle Targeted: Shoulders Equipment Type: Dumbbell	8.6 Out of 10
		Alternating Dumbbell Press	Muscle Targeted: Shoulders Equipment Type: Dumbbell	8.8 Out of 10
		Anti-Gravity Press	Muscle Targeted: Shoulders Equipment Type: Barbell	8.7 Out of 10
		Arm Circles	Muscle Targeted: Shoulders Equipment Type: None	4.2 Out of 10
		Arnold Dumbbell Press	Muscle Targeted: Shoulders Equipment Type: Dumbbell	8.7 Out of 10

点击动作，进入视频页面



Also Known As: Adductor Stretch, Adductor PNF Stretch, Groin PNF Stretch

Exercise Data

Type: [Stretching](#)

Main Muscle Worked: [Adductors](#)

Equipment: [None](#)

Mechanics Type: [N/A](#)

Level: [Intermediate](#)

Sport: [No](#)

Force: [Static](#)

Stretch Type: [Other](#)

Your Rating: [Login to rate](#)

Reviews

2.0 Out of 10

Poor

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Print Exercise Widget

这里跟视频弹窗一样。

Adductor/Groin Images 动作说明图



Click to enlarge



Click to enlarge

Adductor/Groin Guide 动作指导

Main Muscle: [Adductors](#)



1. Lie on your back with your feet raised towards the ceiling.
2. Have your partner hold your feet or ankles. Abduct your legs as far as you can. This will be your starting position.
3. Attempt to squeeze your legs together for 10 or more seconds, while your partner prevents you from doing so.