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**KULLIYAH OF INFORMATION & COMMUNICATION  
TECHNOLOGY**

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**INFO 2305  
WEB TECHNOLOGIES  
SEMESTER 2, 2021/2022  
SECTION 1**

**SDG Goals 3: Good Health and Well-Being (BarBois)**

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## 1.0 Introduction

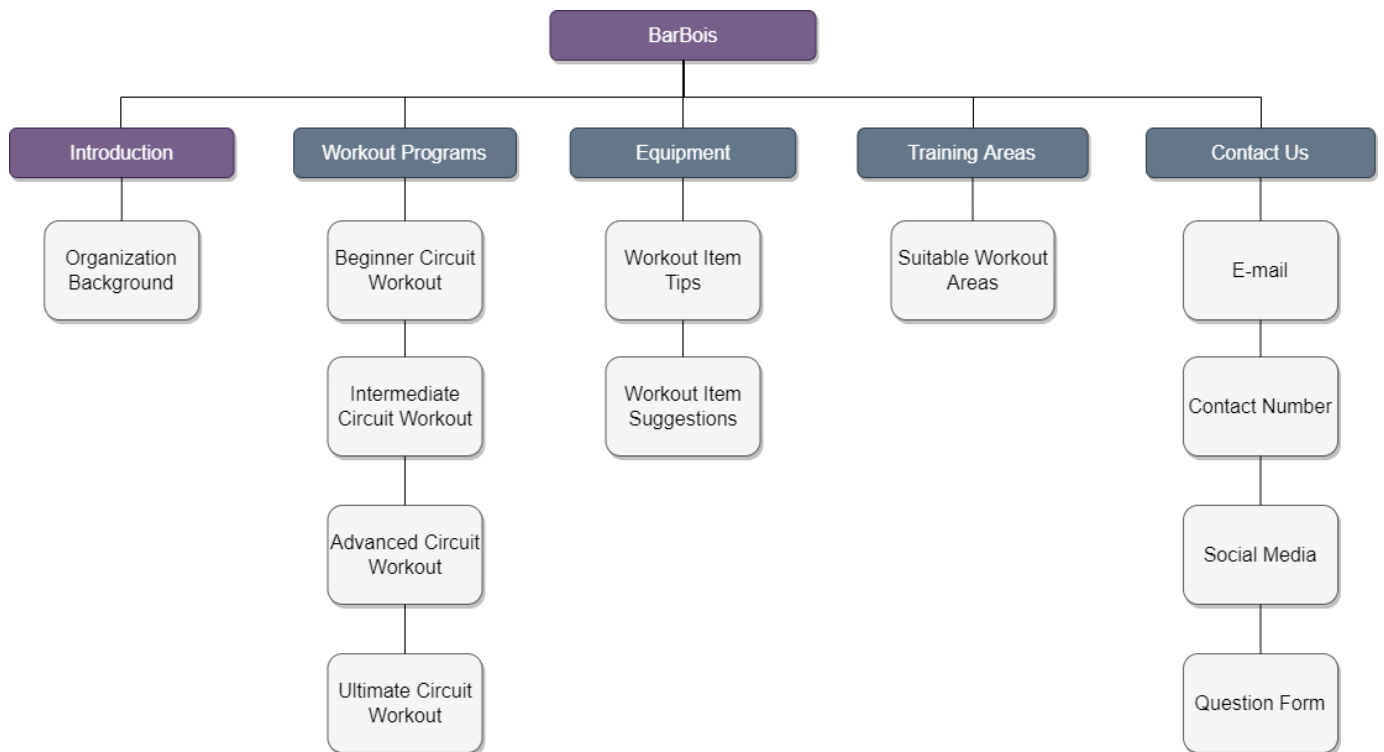
BarBois, is an organisation that focuses on maintaining the health and well-being of an individual through *callisthenics*. It is a term that associates exercises using only body weight and the environment around us to perform basic compound exercises like push-ups, pull-ups, dips or squats. Compared to heavy weight exercise, *callisthenics* are way cheaper and available almost all the time. People can still do their workouts anywhere either at the park, the beach or even at home, as long as they have the right knowledge and equipment to achieve their desired goals in fitness.

The goal of our website is to help people understand the basics of exercising at any age level. The website consists of Introduction to bodyweight exercises a.k.a *callisthenics*, simple to follow workout programs, common equipment to help in exercising and nearby training areas. We aim to make a comprehensible website that delivers the easiest concepts of bodyweight exercises to the users which also includes the design and interface of the website itself.

The sources that are available inside the website will be cited to the original authors and creators since it will be inspired heavily from YouTube, research papers, google scholars and other relevant sources on the internet. Extra features will be included inside the website such as donations for our club community around Selangor, booking sessions with certified coaches and organising competitions for anyone to showcase their strength and talents.

The hope of creating this club is to achieve SDG goal number 3, Good Health and Well-Being which is to promote a healthy lifestyle among IIUM students through exercising. Exercising does not only help us physically, but also emotionally as well to maintain our body in a great condition all the time.

## 2.0 Project Site Map



### 3.0 Group Contribution

Name, Matric No	Contribution(s)
Faishal Aqil Bin Mohd Arief (2014883)	<ul style="list-style-type: none"><li>● Page: Training Area and Contact Us</li><li>● Help in compilation of the project</li><li>● Place footer in all pages</li><li>● Update the CSS, and HTML for all the project</li><li>● Create the website logo for the entire project</li></ul>
Muhammad Amir Hamzah Bin Abd Aziz (2011685)	<ul style="list-style-type: none"><li>● Page: Equipment Page</li><li>● Implement Javascript in the page</li><li>● Help in compilation of the project</li><li>● Update the CSS, and HTML for all the project</li><li>● Implement transition effects on the button and the images.</li><li>● Suggest favicon in all pages</li></ul>
Danish Zaharuddin Bin Khairul Anuar (2012785)	<ul style="list-style-type: none"><li>● Page:Home page</li><li>● Implement Javascript in the page</li><li>● Help in compilation of the project</li><li>● Update some part of CSS for compilation</li><li>● Implement animate-text at the bottom of the page</li></ul>
Mohammad Afiq Iz'aan Bin Mohd Ali (2111977)	<ul style="list-style-type: none"><li>● Page: Workout Program</li><li>● Apply hover effect on page columns</li><li>● Update some parts of CSS and HTML for the compiled pages</li><li>● Help in compilation of the project</li></ul>

#### 4.0 Use of Third Party Resources

Web element	Name	Use of third party resources	Modifications (if any)
Font	Josefin Sans	Taken from fontawesome.com	
Video	-	-	-
Header	header1.jpg header2.jpg calisthenics.jpg wallpaper1.jfif header4.jpg	Taken from @johor_calisthenics instagram  Taken from stock photos	-resize image using css
Photo	<b>1.0 Homepage</b> <ul style="list-style-type: none"> <li>- Pushup.jpg</li> <li>- header4.jpg</li> </ul> <b>2.0 Workout Program</b> <ul style="list-style-type: none"> <li>- Calisthenics.jpg</li> <li>- Beginner.jpg</li> <li>- Intermediate.jpg</li> <li>- Advanced.jpg</li> <li>- Ultimate.jpg</li> </ul> <b>3.0 Equipment</b> <ul style="list-style-type: none"> <li>- Bar.jpg</li> <li>- Chalk.jpg</li> <li>- Dip.jpg</li> <li>- Mat.jpg</li> <li>- Ring.jpg</li> <li>- Bands.jpg</li> <li>- Vest.jpg</li> <li>- Wallpaper.jpg</li> </ul> <b>4.0 Training Area</b> <ul style="list-style-type: none"> <li>- openbars.jpg</li> <li>- park2.jpg</li> <li>- park3.jpg</li> </ul> <b>5.0 Contact Us</b> <ul style="list-style-type: none"> <li>- fa fa-envelope-o</li> <li>- fa fa-phone</li> <li>- fa fa-home</li> </ul>	Taken from google images  Icons provided by fontawesome.com  Taken from Google Maps	-change icon colour using css -resize image using css

Footer	fa fa-facebook fa fa-instagram fa fa-twitter fa fa-linkedin	Icons provided by fontawesome.com	-change icon colour using css
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## 5.0 References

Pal, Training. "Callisthenics Gear That's Worth Your Money." *Www.youtube.com*, 20 Nov.

2019, <https://youtu.be/Rh6gXVvtnWM>. Accessed 9 June 2022.

"HTML, CSS, JavaScript Carousel Tutorial Step by Step - JavaScript Tutorials for Beginners." <https://youtu.be/gor5BvT2z88>. Accessed 9 June 2022.

The Most Important Stretches for Calisthenics. (2016, December 3). [Video]. Youtube.

<https://www.youtube.com/watch?v=qLuY63k5vjw>

"How to Make Website Contact Page Using HTML and CSS | Educational Institute Website Design." *www.youtube.com*, [www.youtube.com/watch?v=Xh1WrXxEWjc&t=2s](http://www.youtube.com/watch?v=Xh1WrXxEWjc&t=2s) . Accessed 9 June 2022.

"Slide Up Multi Text Animation using by Html Css Javascript." [www.youtube.com,https://youtu.be/gR0-eb5ncEU](http://www.youtube.com,https://youtu.be/gR0-eb5ncEU) .Accessed 8 June 2022.