

Source code

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<!doctype html>
<html lang="en">

<head>
  <!-- Required meta tags -->
  <meta charset="utf-8">
  <meta name="viewport" content="width=device-width, initial-scale=1">

  <!-- Bootstrap CSS -->
  <link href="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/css/bootstrap.min.css" rel="stylesheet"
    integrity="sha384-
EVSTQN3/azprG1Anm3QDgpJLIm9Nao0Yz1ztcQTWFspD3yD65VohhpUuCOmLASjC" crossorigin=
"anonymous">

  <title>ASHISH FITNESS</title>
</head>

<body>
  <nav class="navbar navbar-expand-lg navbar-dark bg-dark">
    <div class="container-fluid">
      <a class="navbar-brand" href="#">ASHISH FITNESS</a>
      <button class="navbar-toggler" type="button" data-bs-
toggle="collapse" data-bs-target="#navbarSupportedContent"
      aria-controls="navbarSupportedContent" aria-expanded="false" aria-
label="Toggle navigation">
        <span class="navbar-toggler-icon"></span>
      </button>
      <div class="collapse navbar-collapse" id="navbarSupportedContent">
        <ul class="navbar-nav me-auto mb-2 mb-lg-0">
          <li class="nav-item">
            <a class="nav-link active" aria-current="page" href="/">Home</a>
          </li>
          <li class="nav-item">
            <a class="nav-link active" aria-
current="page" href="/about.html">about</a>
          </li>
          <li class="nav-item">
            <a class="nav-link active" aria-
current="page" href="/contact.html">contact us</a>
          </li>

          <li class="nav-item dropdown">
            <a class="nav-link dropdown-
toggle" href="#" id="navbarDropdown" role="button" data-bs-toggle="dropdown"
            aria-expanded="false">
              fitness plans
            </a>
          </li>
        </ul>
      </div>
    </div>
  </nav>
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</html>
```

Source code

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</a>
<ul class="dropdown-menu" aria-labelledby="navbarDropdown">
  <li><a class="dropdown-item" href="#">diet plans</a></li>
  <li><a class="dropdown-
item" href="#">weight azprG1Anm3QDgpJLIm9Nao0Yz1ztcQTWfspd3yD65VohhpuuCOmLASjC
</a></li>
  <li>
    <hr class="dropdown-divider">
  </li>
  <li><a class="dropdown-item" href="#">weight loss</a></li>
</ul>
</li>

</ul>
<form class="d-flex">
  <input class="form-control me-
2" type="search" placeholder="Search" aria-label="Search">
  <button class="btn btn-outline-
success" type="submit">Search</button>
</form>
</div>
</div>
</nav>
<div id="carouselExampleCaptions" class="carousel slide" data-bs-
ride="carousel">
  <div class="carousel-indicators">
    <button type="button" data-bs-target="#carouselExampleCaptions" data-bs-
slide-to="0" class="active" aria-current="true" aria-label="Slide 1"></button>
    <button type="button" data-bs-target="#carouselExampleCaptions" data-bs-
slide-to="1" aria-label="Slide 2"></button>
    <button type="button" data-bs-target="#carouselExampleCaptions" data-bs-
slide-to="2" aria-label="Slide 3"></button>
  </div>
  <div class="carousel-inner">
    <div class="carousel-item active">
      
      <div class="carousel-caption d-none d-md-block">
        <h5>welcome to ashish fitness</h5>
        <button type="button" class="btn btn-
primary">musclebuilding</button>
<button type="button" class="btn btn-secondary">workout plans</button>
<button type="button" class="btn btn-success">abs workout</button>
        <p>professionals workout plans</p>
      </div>
    </div>
    <div class="carousel-item">
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Source code

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        <div class="carousel-caption d-none d-md-block">
            <h5>stay motivated</h5>
            <button type="button" class="btn btn-primary">workout plans</button>
<button type="button" class="btn btn-secondary">weight loss</button>
<button type="button" class="btn btn-success">weight gain</button>
            <p>i am a certified fitness trainer</p>
        </div>
    </div>
    <div class="carousel-item">
        <img src= "fitness-
1882721_1920.jpg" width="1300" height="600" class="d-block w-100" alt="...">
        <div class="carousel-caption d-none d-md-block">
            <h5>dont loose hope lets start together</h5>
            <button type="button" class="btn btn-primary">workout plans</button>
<button type="button" class="btn btn-secondary">athlete workout</button>
<button type="button" class="btn btn-success">cardio</button>
            <p>burn more calories</p>
        </div>
    </div>
</div>
    <button class="carousel-control-prev" type="button" data-bs-
target="#carouselExampleCaptions" data-bs-slide="prev">
        <span class="carousel-control-prev-icon" aria-hidden="true"></span>
        <span class="visually-hidden">Previous</span>
    </button>
    <button class="carousel-control-next" type="button" data-bs-
target="#carouselExampleCaptions" data-bs-slide="next">
        <span class="carousel-control-next-icon" aria-hidden="true"></span>
        <span class="visually-hidden">Next</span>
    </button>
</div>
<div class="container my-4" >
    <div class="p-4 p-md-5 mb-4 text-white rounded bg-dark">
        <div class="col-md-6 px-0">
            <h1 class="display-4 fst-
italic">PRIMARY RULES TO FOLLOW TO BUILD MUSCLES</h1>
            <h1>Do not underestimate breakfast</h1>
            <p class="lead my-
3">Breakfast is the most important meal of your daily routine. Breakfast count
erbalance your muscles to breaking down on the most effective way. On the nigh
t the blood sugar is goes down so if you not eat a good and healthy breakfast
you are stopping your muscle from growing..</p>
            <h1>Eat every 3-4 hour</h1>
            <p>Your muscle will grow as long as you have the right amount of blood
sugar level in your body. As long as you have that the body knows its okay to
build muscles. You have that right amount in your body about 3-

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Source code

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4 hours after your last meal. That means you have to eat every 3-4
4 hour to maintain the nice balance into your body and to continue to grow muscle.</p>
    <h1>Drink water</h1>
    <p>Your muscle will grow as long as you have the right amount of blood sugar level in your body. As long as you have that the body knows its okay to build muscles. You have that right amount in your body about 3-4 hours after your last meal. That means you have to eat every 3-4 hour to maintain the nice balance into your body and to continue to grow muscle.</p>
    <h1>Eat right before and after training</h1>
    <p class="lead mb-0"><a href="#" class="text-white fw-bold"></a>You need to load your body right before you can perform a good workout. If you are training in the morning than eating a lot of carbs the night before can be a good option. If you are training in the evenings you have many meals to get you prepared for your workout. but take your last meal before workout atleast 1.5 hours before.After breakfast this is the most important meal for you. After training your muscles are broke down, and you need to eat as soon as you can after training. Your muscles need both protein and carbs to grow, and here can your nutrition drinks be very important. This gives you both carbs and protein fast. if you are taking whey protein than take it within 15 minutes after your workout.
    </p>
</div>
</div>
</div>

<!-- Optional JavaScript; choose one of the two! -->

<!-- Option 1: Bootstrap Bundle with Popper -->
<script src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/js/bootstrap.bundle.min.js"
    integrity="sha384-MrcW6ZMFYlzcLA8Nl+NtUVF0sA7MsXsP1UyJoMp4YLEuNSfAP+JcXn/tWtIaxVXM"
    crossorigin="anonymous"></script>

<!-- Option 2: Separate Popper and Bootstrap JS -->
<!--
    <script src="https://cdn.jsdelivr.net/npm/@popperjs/core@2.9.2/dist/umd/popper.min.js" integrity="sha384-IQsoLX15PILFhosVNubq5LC7Qb9DXgDA9i+tQ8Zj3iwWAwPtgFTxbJ8NT4GN1R8p" crossorigin="anonymous"></script>
    <script src="https://cdn.jsdelivr.net/npm/bootstrap@5.0.2/dist/js/bootstrap.min.js" integrity="sha384-cVKIPhGWiC2Al4u+LWgxfKTRICfu0JTxR+EQDz/bglodoEyl4H0zUF0QKbrJ0EcQF" crossorigin="anonymous"></script>
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</body>
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</html>
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