



# Muscle Up

Personal Website

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The subject of my personal website is Gym Motivation. The audience for my website is anyone who wants to workout, but doesn't really know how to get started, for anyone who wants to add new exercises to their workouts, or for anyone who wants to make sure they're doing their exercises correctly. Yes David defeated the Goliath, but wouldn't it have also been super cool if David was also an enormous hulking soldier? My website can be the starting point to your transcendence from normal, cool, but small David to awesome, huge, and strong David! ;)

[https://brooksJake.github.io/brooks\\_projects/final\\_project/index.html](https://brooksJake.github.io/brooks_projects/final_project/index.html)

The Goal of my website is to make working out just a little bit easier by providing easy and quick access to explanations on all kinds of exercises to target specific muscle groups. My website can help anyone get started with the gym, and even veteran gym-goers to learn about new exercises and ensure that they're doing them correctly. It provides a contact form and a page in which exercises the user selects can be turned into a custom workout (though currently not working as it requires javascript). There are a total of 10 pages connected to the project: Home, 6 Workout Pages, Custom Workout, Contact, and Site Plan.

The inspiration that helped to create the design for my website is from old Sparta and Greece and Rome. My thoughts were that I wanted people who were on my site to feel like strong, tough, and rugged warriors. I wanted the main colors to be dark gray, red, and gold, because I thought those colors closely represented old Spartan soldiers. But I also wanted it to be simple and minimalistic because then it would feel easy to navigate, such that a user could easily and quickly prepare themselves for the gym. This also led to the idea of the custom workout. For the muscle group pages, I thought at first that I would make a big long page with lots of words and images for each exercise, but when we were learning about "components" I found something called an 'accordion' that condenses lists into much more palatable boxes. Now, with the accordion, my website is much easier to navigate, and not so overwhelming.

This project helped me learn about how to organize my css code. It also taught me how to use "grid", which I thought was probably one of the most helpful and educational. It seems that grid is used everywhere in html pages. I also learned how to make and use accordions and other components like social media links and a contact form. More than anything, this project taught me to find answers for myself. Not often in life will the solutions to problems be easily reachable, and I like that my teacher often would prompt me to "look for how to use 'text-align' and margin" instead of just telling me how to center an element. It helped me to learn to use the Internet and find answers, which is a great skill to have especially when it comes to having an occupation.

I really enjoyed your class, thank you for everything! - Jake