

Learn to lift, lift to live.

The website I will be creating will be a promotion of lifting weights. I will include the benefits and side effects of lifting weights. I will also explain the majority of lifts, such as compounds and accessories. Each page will have its own contents and pictures elaborating on workouts to do for certain muscle groups. Pages will be legs, triceps, biceps, back, chest, and shoulders. I will explain the different muscle groups within each page and workouts to target said groups.

It will be a public access website with some transitions within showing lift movements. The website will change for mobile view. User can go page to page. Just basic movements on a usual public website.