

# Login and SignUp



Feeling sluggish? Hit the gym and turn that frown upside down. Exercise is a natural mood booster! Every workout is a step towards a stronger, healthier you.

Email

Password

Login

If you don't have an account please click on [sign up](#).



Full Name

Phone Number

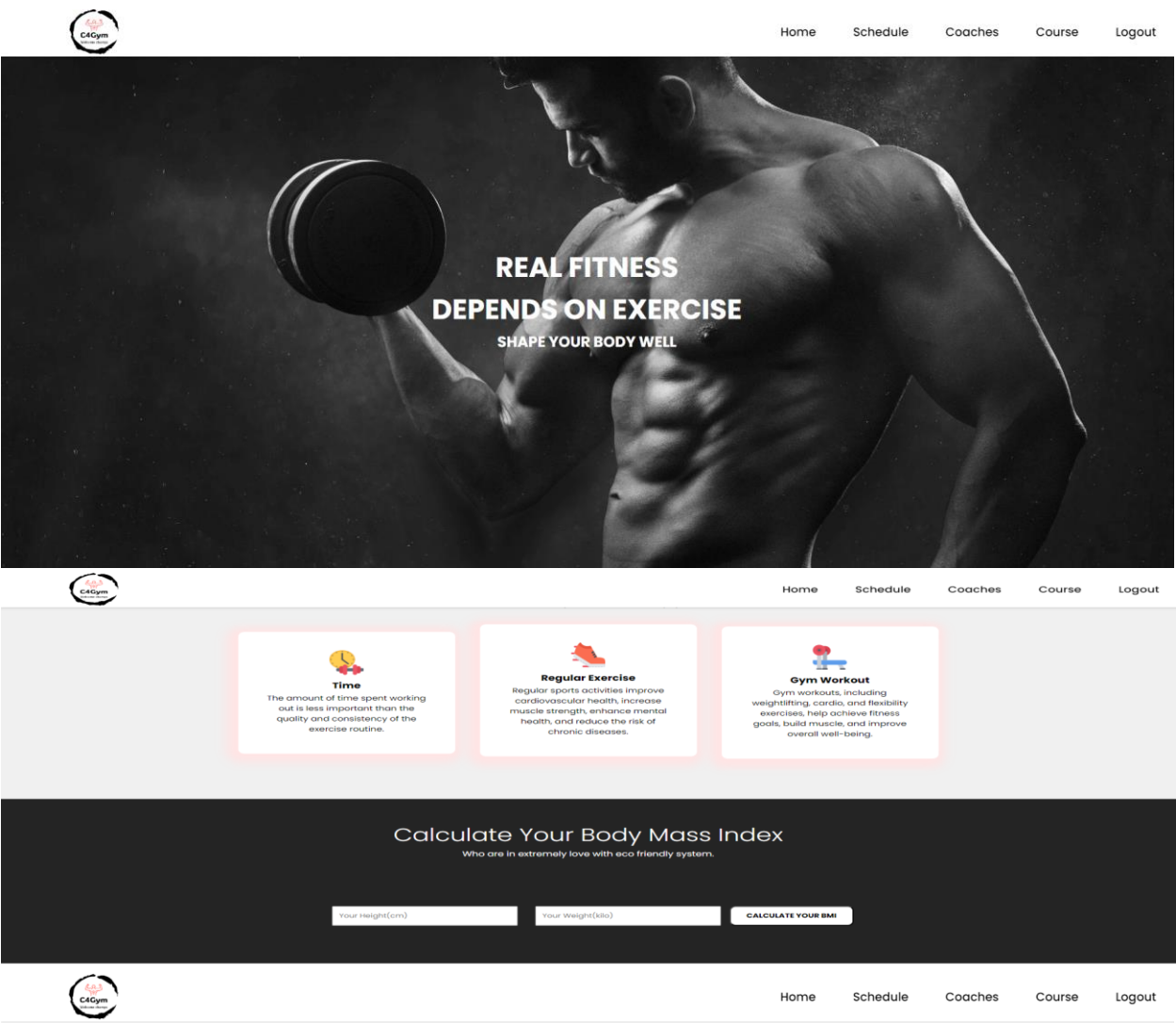
Email

Password

SignUp

Challenge yourself. The gym is your place to prove what you're capable of achieving.

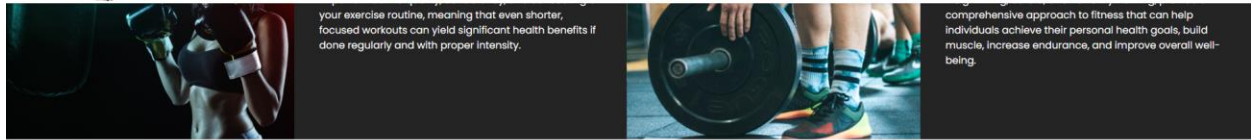
# Home page



## Schedule Your Fitness Process


The schedule is not stable, we could add or remove classes.

Day	Start-time	End-time	Class
Monday	07:00	08:00	YOGA
Tuesday	09:00	10:30	Dancing
Wednesday	20:00	22:00	Crossfit
Thursday	10:00	11:15	kick boxing
Thursday	16:54	16:56	Yoga
Friday	17:00	19:00	Crossfit
Saturday	11:00	00:00	kick boxing




## Our Team


Our team, comprising some of the best-trained athletes and coaches, excels in both skill and dedication.




**Abed hamawi**  
[Send Request](#)



**ahmad kreik**  
[Send Request](#)



**Moro matar**  
[Send Request](#)




**Hadi tarhinie**  
[Send Request](#)



### GET IN TOUCH

Lorem ipsum dolor sit amet consectetur adipiscing elit. Animi velit nostrum fugit laudantium out consequatur dolorum nihil suscipit.

 ADDRESS: 25, LOREM US STREET, ORANGE CALIFORNIA, US

 PHONE NUMBER: 800 123 3456

 EMAIL: INFO@HTMLSTREAM.COM

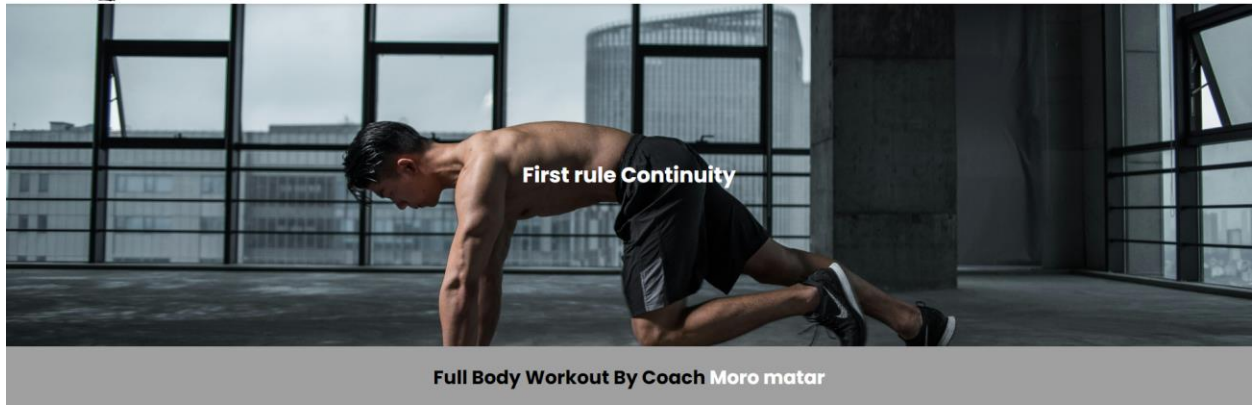
### SOCIAL MEDIA



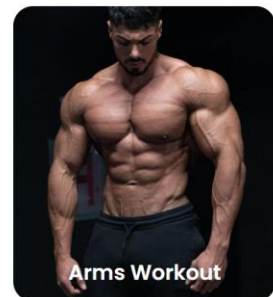
# Course page



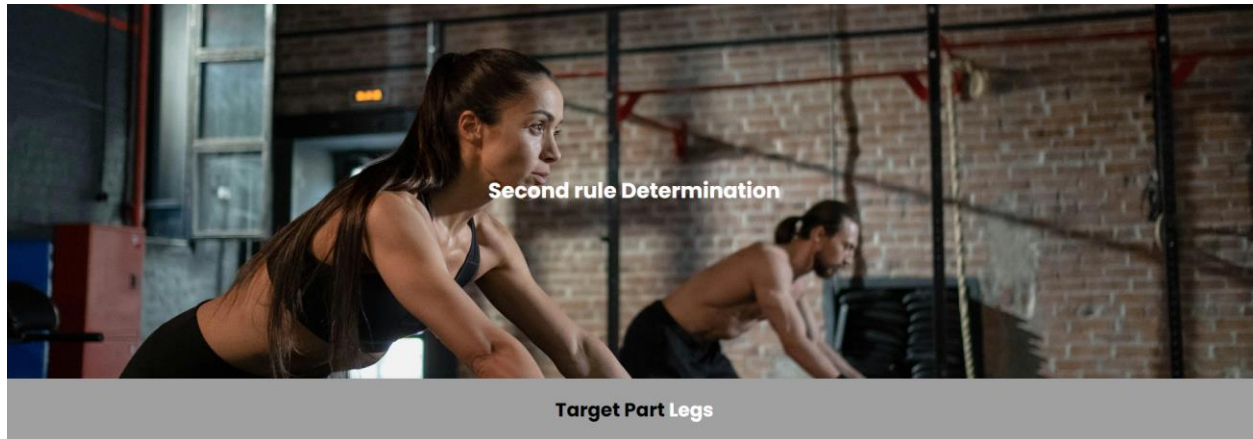
[Home](#) [Schedule](#) [Coaches](#) [Course](#) [Logout](#)



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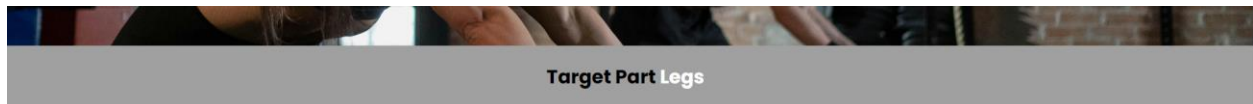
# Exercise page



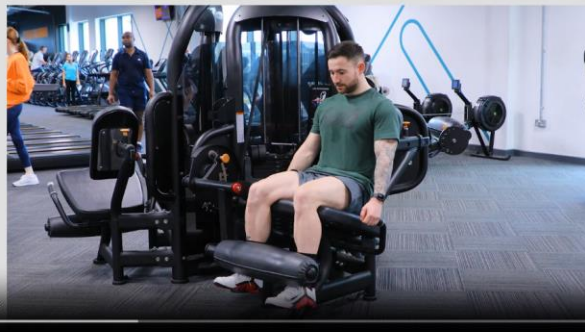
Exercise Name: Leg extension



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Exercise Name: Leg extension




**Instruction:**

1-Sit on the leg extension machine and adjust the pad to rest on your shins just above your ankles. -2-Hold the side handles and keep your back against the seat. -3-Extend your legs upward until they are fully straight. -4-Lower the weight back down slowly to the starting position.




# Coach pages



Welcome Coach


[Home](#)[Course](#)[Logout](#)




**Name:** Moro matar  
**Email:** mormatar@gmail.com  
**Phone:** +961 70 224 766  
**Number of clients:** 3

### User Requests

Client Name	Email	Phone	Date of Request	Status	Action
ahmad dia	ahmaddia@gmail.com	+961 78 500 766	2024-05-27	Accepted	<a href="#">Accept</a> <a href="#">Delete</a>

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### Exercise Info

Exercise name:

Muscle:


Instructions:

Video:  
 No file chosen

### Schedule Your Fitness GYM

Who are in extremely love with eco friendly system.

Exercise name	Muscle	Instructions	Action
Leg extension	Legs	1-Sit on the leg extension machine and adjust the pad to rest on your shins just above your ankles. -2-Hold the side handles and keep your back against the seat. -3-Extend your legs upward until they are fully straight. -4-Lower the weight back down slowly to the starting position.	<a href="#">Update</a> <a href="#">Delete</a>
Leg curl	Legs	1-Lie face down on the leg curl machine and position your legs under the padded lever. -2-Grasp the side handles for support. -3-Curl your legs upward, bringing your heels as close to your glutes as possible. -4-Slowly lower the weight back to the starting position.	<a href="#">Update</a> <a href="#">Delete</a>
Squat	Legs	1-Stand with feet shoulder-width apart, toes slightly pointed out. -2-Hold the barbell across your upper back or use your body weight. -3-Lower your body by bending your knees and hips, keeping your back straight. -4-Push through your heels to return to the starting position.	<a href="#">Update</a> <a href="#">Delete</a>
Bench press	Chest	1-Lie flat on the bench with your feet on the ground. -2-Grip the barbell slightly wider than shoulder-width apart. -3-Lower the barbell to your chest, keeping your elbows at a 45-degree angle. -4-Push the barbell back up to the starting position.	<a href="#">Update</a> <a href="#">Delete</a>



Welcome Coach


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### Schedule Your Fitness GYM

Who are in extremely love with eco friendly system.

Exercise name	Muscle	Instructions	Action
Leg extension	Legs	1-Sit on the leg extension machine and adjust the pad to rest on your shins just above your ankles. -2-Hold the side handles and keep your back against the seat. -3-Extend your legs upward until they are fully straight. -4-Lower the weight back down slowly to the starting position.	<a href="#">Update</a> <a href="#">Delete</a>
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# Admin pages



Welcome Admin

UsersClientsCoachesScheduleLogOut

### Schedule Info

Start-time:

End-time:

Class Name:


Day: Monday


Submit

### Schedule Your Fitness GYM

Who are in extremely love with eco friendly system.

Day	Start-time	End-time	Class	Action
Monday	07:00	08:00	YOGA	<span>Update</span> <span>Delete</span>

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Welcome Admin

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### Statistics


Number of users: 13

Number of clients: 3

### USERS information

Search by name  Search Display All

user ID	Name	Phone Nb	Email	Actions
34	Ali daher	alidoher@gmail.com	+961 70 000 766	<span>Update</span> <span>Delete</span>
36	mohamad ali	mohamadali@gmail.com	+961 70 999 766	<span>Update</span> <span>Delete</span>
37	ibrahim smail	ibrahimsamil@gmail.com	+961 70 515 963	<span>Update</span> <span>Delete</span>



Welcome Admin

UsersClientsCoachesScheduleLogOut

### Coach sign Up

Coach Name:

Phone Number:

Email:

Password:

No file chosen

Submit

### Coach information

user ID	Name	Phone Nb	Email	Actions
40	Abed hamawi	+961 70 223 111	abedhamawi@gmail.com	<span>Update</span> <span>Delete</span>
41	ahmad kreik	+961 70 999 766	ahmadkreik@gmail.com	<span>Update</span> <span>Delete</span>
43	Moro matar	+961 70 224 766	moromatar@gmail.com	<span>Update</span> <span>Delete</span>
49	Hadi tarhinie	70515766	HadiTarhinie@gmail.com	<span>Update</span> <span>Delete</span>