Title: WorkoutLabs.com

**Introduction**

This report presents an overview of the home page, about us page, and login page developed for my college project, which is a fitness website called WorkoutLabs.com. The primary objective of this project is to create an engaging and user-friendly website that provides fitness-related information and features. The following sections provide a detailed analysis of each page, including their purpose, design choices, and functionalities.

**Home Page**

The home page serves as the main entry point for users visiting the WorkoutLabs.com website. It has been designed to showcase essential information and attract users to explore further. The layout features a prominent logo and navigation bar at the top, ensuring easy access to different sections of the website. Six neatly arranged grid items present various workout categories, each accompanied by a brief description and a "More Info" button. This layout provides a visually appealing and intuitive way for users to discover and select their desired workout routines.

**About Us Page**

The about us page plays a crucial role in establishing the identity and purpose of WorkoutLabs.com. It provides users with information about the website and its owner, Rishi B. The page incorporates a concise introduction to the website, highlighting its mission and vision. Additionally, it includes a detailed description of the website's purpose, which is to offer comprehensive fitness resources and create a supportive community for individuals of all fitness levels. The about us page features a clean and organized design, with relevant images and content that effectively convey the website's message.

**Login Page**

The login page is an integral part of the WorkoutLabs.com website, allowing registered users to access personalized features and content. It presents a simple and user-friendly interface, featuring input fields for username and password. Upon submitting the login form, the page utilizes internal JavaScript code for validation. If the entered credentials are correct, a success message is displayed, and the user is redirected to the homepage, specifically the "Homepage.html" file. In cases of invalid credentials, an appropriate error message is shown, prompting users to try again.

**Conclusion**

In conclusion, the home page, about us page, and login page of WorkoutLabs.com have been successfully developed to fulfill the objectives of the college project. The home page provides an engaging and informative overview of workout categories, while the about us page effectively communicates the website's mission and vision. The login page ensures secure access to personalized features. Overall, these pages contribute to the overall functionality and user experience of the fitness website. Future enhancements may include additional features and responsive design improvements to cater to a wider range of devices and user preferences.

Code:

Home Page

HTML

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<link rel="stylesheet" href="style.css">

<title>WorkoutLabs.com</title>

</head>

<body>

<header>

<div class="logo">

<h1>WorkoutLabs.com</h1>

</div>

<nav>

<ul>

<li><a href="Homepage.html">Home</a></li>

<li><a href="aboutus.html">About Us</a></li>

<li><a href="login.html">Login</a></li>

</ul>

</nav>

</header>

<main>

<div class="grid">

<div class="grid-item">

<h2>Chest Workout</h2>

<p>Barbell bench press, Dip,Pushups,Chest Machine Fly,Incline dumbbell bench press</p>

<button class="info-btn"><a href="workout1.html"> More Info</a></button>

</div>

<div class="grid-item">

<h2>Shoulder Workout</h2>

<p>Latral Raise,Front Raise, Rear Delt fly,Dumbbell Shoulder Press,Shrugs,</p>

<button class="info-btn"><a href="workout2.html"> More Info</a></button>

</div>

<div class="grid-item">

<h2>Back Workout</h2>

<p>Wide Grip Lat Pulldown,Reverse Grip lat Pulldown,Seated Cable Row,One Arm Dumbbell Row,Hyperextension</p>

<button class="info-btn"><a href="workout3.html"> More Info</a></button>

</div>

<div class="grid-item">

<h2>Tricep Workout</h2>

<p>Overhead Tricep Extension,Skull Crusher,Tricep Dip,Diamond Push-ups,Tricep Kickbacks.</p>

<button class="info-btn"><a href="workout4.html" >More Info</a></button>

</div>

<div class="grid-item">

<h2>Biceps Workout</h2>

<p>Bicep Curl,Barbell Curl,Hammer Curl,Preacher Curl,ALternative Incline Dumbbell Curl</p>

<button class="info-btn"><a href="workout5.html">More Info</a></button>

</div>

<div class="grid-item">

<h2>Leg Wrokout</h2>

<p>Leg press,Seated calf Raise Machine,Leg curl Machine,Leg Extension Machine,Dumbbell lunges</p>

<button class="info-btn"><a href="workout6.html">More Info</a></button>

</div>

</div>

</main>

<footer>

<p>&copy; 2023 WorkoutLabs.com. All rights reserved.</p>

</footer>

</body>

</html>

CSS

body, h1, h2, h3, h4, h5, h6, p, ul, li {

margin: 0;

padding: 0;

}

body {

background-color: #f2f2f2;

font-family: Arial, sans-serif;

}

header {

background-color: #333;

color: #fff;

padding: 20px;

display: flex;

justify-content: space-between;

align-items: center;

}

a{

color: #fff;

}

.logo h1 {

font-size: 24px;

}

nav ul {

list-style: none;

display: flex;

}

nav ul li {

margin-left: 20px;

}

nav ul li a {

color: #fff;

text-decoration: none;

}

main {

width: 80%;

margin: 30px auto;

}

.grid {

display: grid;

grid-template-columns: repeat(2, 1fr);

grid-gap: 20px;

}

.grid-item {

background-color: #fff;

padding: 20px;

text-align: center;

}

.grid-item h2 {

font-size: 24px;

margin-bottom: 10px;

}

.grid-item p {

font-size: 16px;

color: #666;

margin-bottom: 20px;

}

.info-btn {

background-color: #333;

color: #fff;

border: none;

padding: 12px 24px;

cursor: pointer;

}

footer {

background-color: #333;

color: #fff;

padding: 20px;

text-align: center;

}

footer p {

font-size: 14px;

}

@media screen and (max-width: 768px) {

main {

width: 90%;

}

.grid {

grid-template-columns: repeat(2, 1fr);

}

}

@media screen and (max-width: 480px) {

main {

width: 100%;

padding: 0 10px;

}

.grid {

grid-template-columns: repeat(1, 1fr);

}

}

a{

text-decoration: none;

}

1ST Workout

HTML

<!DOCTYPE html>

<html>

<head>

<title>WORKOUT</title>

<style>

header {

background-color: #333;

color: #fff;

padding: 20px;

display: flex;

justify-content: space-between;

align-items: center;

}

a{

color: #fff;

}

.logo h1 {

font-size: 24px;

}

nav ul {

list-style: none;

display: flex;

}

nav ul li {

margin-left: 20px;

}

nav ul li a {

color: #fff;

text-decoration: none;

}

body {

background-color: #f2f2f2;

font-family: Arial, sans-serif;

}

#content {

max-width: 800px;

margin: 0 auto;

text-align: center;

background-color: #fff;

padding: 20px;

border-radius: 10px;

box-shadow: 0px 0px 10px rgba(0, 0, 0, 0.3);

}

#content img {

width: 100%;

max-width: 500px;

height: auto;

display: block;

margin: 0 auto;

}

#content p {

font-size: 1.2em;

line-height: 1.5;

color: #555;

margin-top: 20px;

}footer {

background-color: #333;

color: #fff;

padding: 20px;

text-align: center;

}

footer p {

font-size: 14px;

}

</style>

</head>

<body>

<header>

<div class="logo">

<h1>WorkoutLabs.com</h1>

</div>

<nav>

<ul>

<li><a href="Homepage.html">Home</a></li>

<li><a href="aboutus.html">About Us</a></li>

</ul>

</nav>

</header>

<br>

<div id="content">

<h1>Incline Dumbbell Bench Press</h1>

<img src="workout1,1.jpg" alt="Image Placeholder">

<p>Equipment needed: two dumbbells or barbell, incline bench angled between 45 and 60 degrees

Place feet flat on the floor as you lean back slightly, so your back rests against the bench with a neutral spine.

Start by holding dumbbells or a barbell directly over the shoulders. Face your palms forward, with the thumb wrapped around the handle.

Press the weight upward over your eyes or slightly higher, with elbows extended to 45 degrees.

Inhale and lower dumbbells or barbell slowly and with control until they touch or reach just above the chest, elbows and wrists staying out to the sides.

Repeat the press and perform around 5 reps or more. Keep in mind that reps depend on your goals and the weight. Someone using heavier weights may do fewer reps than someone using lighter weights.</p>

</div>

</br>

<div id="content">

<h1>Barbell Flat bench Press</h1>

<img src="workout1,2.jpg" alt="Image Placeholder">

<p>Equipment needed: barbell (additional weights optional) or dumbbells, flat bench

Lie on your back on a flat bench. Grip a barbell with hands slightly wider than shoulder width. The bar should be directly over the shoulders.

Press your feet firmly into the ground and keep your hips on the bench throughout the entire movement.

Keep your core engaged and maintain a neutral spine position throughout the movement. Avoid arching your back.

Slowly lift the bar or dumbbells off the rack, if using. Lower the bar to the chest, about nipple level, allowing elbows to bend out to the side, about 45 degrees away from the body.

Stop lowering when your elbows are just below the bench. Press feet into the floor as you push the bar back up to return to starting position.

Perform 5 to 10 reps, depending on weight used. Perform up to 3 sets.</p>

</div>

</br>

<div id="content">

<h1>Push Ups</h1>

<img src="workout1,3.jpg" alt="Image Placeholder">

<p>Push-ups are an exercise in which a person, keeping a prone position, with the hands palms down under the shoulders, the balls of the feet on the ground, and the back straight, pushes the body up and lets it down by an alternate straightening and bending of the arms.</p>

</div>

</br>

<div id="content">

<h1>Chest Fly Machine</h1>

<img src="workout1,4.jpg" alt="Image Placeholder">

<p>The chest fly machine is very easy to use. To set up the chest fly machine, set the handles so they’re at chest height and in line with the shoulders when seated. Once seated, squeeze the chest muscles to push the handles together they meet in front of the chest. The machine ensures the arms move in the correct arc movement..</p>

</div>

</br>

<div id="content">

<h1>Chest Dip</h1>

<img src="workout1,5.jpg" alt="Image Placeholder">

<p>The chest dip is an upper-body exercise that involves lowering your body between two “dip bars” and pressing yourself upward again.

It trains all of your upper-body pushing muscles to a high degree and allows you to lift heavy weights safely, which means it’s ideal for gaining muscle and strength.

That said, many people avoid the chest dip because they’ve heard dip exercises are bad for their shoulders.

As long as you perform the chest dip with proper form, shoulder issues shouldn’t be a bother. In fact, many people find that the neutral grip that you use in the dip is kinder to their shoulders than pressing with a barbell.</p>

</div>

</br>

<footer>

<p>&copy; 2023 WorkoutLabs.com. All rights reserved.</p>

</footer>

</body>

</html>

2nd Workout page

HTML

<!DOCTYPE html>

<html>

<head>

<title>WORKOUT2</title>

<style>

header {

background-color: #333;

color: #fff;

padding: 20px;

display: flex;

justify-content: space-between;

align-items: center;

}

a{

color: #fff;

}

.logo h1 {

font-size: 24px;

}

nav ul {

list-style: none;

display: flex;

}

nav ul li {

margin-left: 20px;

}

nav ul li a {

color: #fff;

text-decoration: none;

}

body {

background-color: #f2f2f2;

font-family: Arial, sans-serif;

}

#content {

max-width: 800px;

margin: 0 auto;

text-align: center;

background-color: #fff;

padding: 20px;

border-radius: 10px;

box-shadow: 0px 0px 10px rgba(0, 0, 0, 0.3);

}

#content img {

width: 100%;

max-width: 500px;

height: auto;

display: block;

margin: 0 auto;

}

#content p {

font-size: 1.2em;

line-height: 1.5;

color: #555;

margin-top: 20px;

}

footer {

background-color: #333;

color: #fff;

padding: 20px;

text-align: center;

}

footer p {

font-size: 14px;

}

</style>

</head>

<body>

<header>

<div class="logo">

<h1>WorkoutLabs.com</h1>

</div>

<nav>

<ul>

<li><a href="Homepage.html">Home</a></li>

<li><a href="aboutus.html">About Us</a></li>

</ul>

</nav>

</header> <br>

<div id="content">

<h1>Lateral Raise</h1>

<img src="workout2,1.jpg" alt="Image Placeholder">

<p>For the lateral raise, begin by using a weight that you can control for 2–3 sets of 8–12 repetitions. Choose a weight that allows you to maintain good technique throughout all sets and repetitions.

Grab two dumbbells and stand with your feet hip-width apart with a slight bend in your knees. Your posture should be tall with your hips slightly bent forward with a neutral head and neck position. Your shoulders should be slightly ahead of your hips. Your chin should remain tucked throughout the movement, as if you were holding an egg under your chin. Distribute your weight evenly along your feet. Grip the floor with your feet to create a stable foot position. Hold the set of dumbbells by your sides with your palms facing your legs. Your palms should be slightly on the inside of your outer leg. Your arms should be long with a slight bend in your elbows. All repetitions should begin from this position.

Pretension your shoulders and hips while engaging your core.

Initiate the upward movement by slowly lifting your arms away from your body. Allow the shoulder blades to move naturally with the shoulder joint. Continue to raise your arms until your elbows are at shoulder height or just below your shoulders. You should still feel tension in your shoulders. Your palms should be facing the floor at the top of the movement.

Pause at the top of the movement.

Lower the dumbbells toward your legs in the same plane in which you lifted them. Return to the starting position while maintaining tension in your shoulders, then initiate a new repetition</p>

</div>

<br>

<div id="content">

<h1>Front Raise</h1>

<img src="workout2,2.jpg" alt="Image Placeholder">

<p>The front plate raise is a front raise variation that challenges the lifter to raise a weight plate from hip height in an arc direction until the arms are straight ahead and the plate is at shoulder height.</p>

</div>

<br>

<div id="content">

<h1>Dumbbell Shoulder Press</h1>

<img src="workout2,3.jpg" alt="Image Placeholder">

<p>Hold the dumbbells by your shoulders with your palms facing forwards and your elbows out to the sides and bent at a 90° angle. Without leaning back, extend through your elbows to press the weights above your head. Then slowly return to the starting position.</p>

</div>

<br>

<div id="content">

<h1>Rear Delt fly</h1>

<img src="workout2,4.jpg" alt="Image Placeholder">

<p>For the rear delt fly, begin by using a weight that you can control for 2–3 sets of 8–12 repetitions. Choose a weight that allows you to maintain good technique throughout all sets and repetitions.

Grab two dumbbells and stand with your feet shoulder-width apart with a slight bend in your knees. Your shoulders should be directly over your hips with a neutral head and neck position. Your chin should remain tucked throughout the movement, as if you were holding an egg under your chin. The weight on your feet should be evenly distributed along each entire foot. Grip the floor with your feet to create a stable foot position.

While maintaining a neutral spine, hinge your hips back. Your shins should be vertical and your upper body should be at a 30- to 45-degree angle. You should feel your legs working to support your position. Your arms should be long in front of you with a slight bend in your elbows, and your palms should face each other.

Rotate your shoulders outward to engage your lats. Your shoulder blades should be in a neutral position. All repetitions should start from this position.

While maintaining your alignment and a slight bend in your elbows, squeeze your posterior deltoids to initiate the upward movement.

Lift your arms until your upper arm is even with your back. As you lift the dumbbells, your shoulder blades should retract. Your hands should be lower than your upper arms.

Pause at the top of the movement for 1–2 seconds.

Slowly lower your arms until the dumbbells are back in the starting position. As you lower the dumbbells, your shoulder blades should protract. Lower the dumbbells only as far as you can maintain tension on your posterior deltoids.</p>

</div>

<br>

<div id="content">

<h1>Shrugs</h1>

<img src="workout2,5.jpg" alt="Image Placeholder">

<p>Perform dumbbell shrugs by grabbing a pair of dumbbells and holding them by your sides with a neutral grip. Keep your arms straight as you lift your shoulders toward your ears. Pause for a moment before lowering your shoulders back to the starting position. Repeat this movement for the desired amount of time.</p>

</div>

<br>

<footer>

<p>&copy; 2023 WorkoutLabs.com. All rights reserved.</p>

</footer>

</body>

</html>

Workout 3 page

HTML

<!DOCTYPE html>

<html>

<head>

<title>WORKOUT</title>

<style>

header {

background-color: #333;

color: #fff;

padding: 20px;

display: flex;

justify-content: space-between;

align-items: center;

}

a{

color: #fff;

}

.logo h1 {

font-size: 24px;

}

nav ul {

list-style: none;

display: flex;

}

nav ul li {

margin-left: 20px;

}

nav ul li a {

color: #fff;

text-decoration: none;

}

body {

background-color: #f2f2f2;

font-family: Arial, sans-serif;

}

#content {

max-width: 800px;

margin: 0 auto;

text-align: center;

background-color: #fff;

padding: 20px;

border-radius: 10px;

box-shadow: 0px 0px 10px rgba(0, 0, 0, 0.3);

}

#content img {

width: 100%;

max-width: 500px;

height: auto;

display: block;

margin: 0 auto;

}

#content p {

font-size: 1.2em;

line-height: 1.5;

color: #555;

margin-top: 20px;

}

footer {

background-color: #333;

color: #fff;

padding: 20px;

text-align: center;

}

footer p {

font-size: 14px;

}

</style>

</head>

<body>

<header>

<div class="logo">

<h1>WorkoutLabs.com</h1>

</div>

<nav>

<ul>

<li><a href="Homepage.html">Home</a></li>

<li><a href="aboutus.html">About Us</a></li>

</ul>

</nav>

</header> <br>

<div id="content">

<h1>Wide Grip Lat Pull Down</h1>

<img src="workout3,1.jpg" alt="Image Placeholder">

<p>Exhale as you slowly pull the bar down until it touches the upper part of your chest.

Squeeze your shoulder blades together and hold for a count of two.

Inhale as you slowly return the bar to the starting position.

Repeat for the recommended number of repetitions.</p>

</div>

<br>

<div id="content">

<h1>Reverse Grip Pull Down</h1>

<img src="workout3,2.jpg" alt="Image Placeholder">

<p>Initiate the movement by depressing the shoulder blades and then flexing the elbow while extending the shoulder. Pull the handle towards your body until the elbows are in line with your torso and then slowly lower the handle back to the starting position under control. Repeat for the desired number of repetitions.</p>

</div>

<br>

<div id="content">

<h1>Seated Cable Row</h1>

<img src="workout3,3.jpg" alt="Image Placeholder">

<p>For the seated cable row, begin by using a weight that you can control for 2–3 sets of 6–10 repetitions. Choose a weight that allows you to maintain good technique throughout all sets and repetitions.

Sit on a seated row machine, and place your feet securely on the foot platform. Your whole foot should be on the platform.

Bend your legs without rounding your spine, and grab the cable attachment.

Extend your legs to move back to your starting position, and return to a slightly bent knee position.

Use a neutral grip with your palms facing each other. Rotate your shoulders outward to engage your lats.

Your shoulder blades should be in a neutral or slightly protracted position. Your arms should be long with a slight bend in your elbows. Your posture should be tall with your feet shoulder-width apart and a slight bend in your knees. Your shoulders should be directly over your hips with a neutral head and neck position. Your chin should remain tucked throughout the movement, as if you were holding an egg under your chin. All repetitions should begin from this position.

Squeeze your lats and begin to bend your elbows until your upper arm is even with your body. Your elbows should be at a 45-degree angle. Your shoulder blades should begin to retract as your elbows begin to move backward. Pause for 1–2 seconds.

While maintaining your rowing alignment, allow your shoulder blades to protract, and straighten your elbows.

Your shoulder blades should finish in a protracted position with your arms long with a slight bend in your elbows.</p>

</div>

<br>

<div id="content">

<h1>One Arm Dumbbell Row</h1>

<img src="workout3,4.jpg" alt="Image Placeholder">

<p>The most common variation is the single arm dumbbell row (one arm dumbbell row). It involves bending forward at the hip with a weight in one hand, that weight hanging toward the floor. The weight is then pulled upward, closer to the chest, before lowering it back to the starting position.</p>

</div>

<br>

<div id="content">

<h1>Hyperextension</h1>

<img src="workout3,5.jpg" alt="Image Placeholder">

<p>Adjust the machine to a 45-degree angle so your hip aligns with or is barely above the cushion pad.

Position yourself on the extension machine.

Your feet should be hip-width apart, and your thighs should be parallel to leg pads.

Step on the platforms and place your thighs on the pads that are a little below your hip.

Your foot should be held in place by the support behind your ankle.

Keep your neck neutral and your spine straight. Your body should be straight, like from your neck to your ankles.

Place your fingers at your temple or cross your arms in front of your chest.

Contract your core muscles and keep your pelvis in a neutral position.

Your neck and head should remain in a neutral position.

Tuck your chin as if holding an egg under it.

Bend your hips until your body is at full extension. This is your starting position.

Inhale, contract your abs, and squeeze your glutes. Begin to pull yourself up using your back muscles.

Come to the top with your body in a straight line. Pause at this position and exhale.

Contract your abs and glutes as you slowly lower yourself to the starting position. This is one rep.

Repeat.</p>

</div>

<br>

<footer>

<p>&copy; 2023 WorkoutLabs.com. All rights reserved.</p>

</footer>

</body>

</html>

Workout 4 page

HTML

<!DOCTYPE html>

<html>

<head>

<title>WORKOUT</title>

<style>

header {

background-color: #333;

color: #fff;

padding: 20px;

display: flex;

justify-content: space-between;

align-items: center;

}

a{

color: #fff;

}

.logo h1 {

font-size: 24px;

}

nav ul {

list-style: none;

display: flex;

}

nav ul li {

margin-left: 20px;

}

nav ul li a {

color: #fff;

text-decoration: none;

}

body {

background-color: #f2f2f2;

font-family: Arial, sans-serif;

}

#content {

max-width: 800px;

margin: 0 auto;

text-align: center;

background-color: #fff;

padding: 20px;

border-radius: 10px;

box-shadow: 0px 0px 10px rgba(0, 0, 0, 0.3);

}

#content img {

width: 100%;

max-width: 500px;

height: auto;

display: block;

margin: 0 auto;

}

#content p {

font-size: 1.2em;

line-height: 1.5;

color: #555;

margin-top: 20px;

}

footer {

background-color: #333;

color: #fff;

padding: 20px;

text-align: center;

}

footer p {

font-size: 14px;

}

</style>

</head>

<body>

<header>

<div class="logo">

<h1>WorkoutLabs.com</h1>

</div>

<nav>

<ul>

<li><a href="Homepage.html">Home</a></li>

<li><a href="aboutus.html">About Us</a></li>

</ul>

</nav>

</header> <br>

<div id="content">

<h1>Tricep Dip</h1>

<img src="workout4,1.jpg" alt="Image Placeholder">

<p>To perform a dip, the exerciser supports themselves on a dip bar with their arms straight down and shoulders over their hands, then lowers their body until their arms are bent to a 90 degree angle at the elbows, and then lifts their body up, returning to the starting position.</p>

</div>

<br>

<div id="content">

<h1>Tricep Kickback</h1>

<img src="workout4,2.jpg" alt="Image Placeholder">

<p>With dumbbells

This exercise helps you learn how to target the triceps. Choose a weight that’s slightly challenging yet allows you to complete all of the sets using proper form and without straining.

Start with dumbbells that are 5 to 10 pounds each and gradually increase the weight as you gain strength. Substitute soup cans or water bottles if you don’t have weights.

This exercise can also be done one arm at a time in a split stance while standing or kneeling.

To do this:

Hold a dumbbell in each hand with your palms facing in toward each other, keeping your knees bent slightly.

Engage your core and maintain a straight spine as you hinge forward at the waist, bringing your torso almost parallel to the floor.

Keep your upper arms in close to your body and your head in line with your spine, tucking your chin in slightly.

On an exhale, engage your triceps by straightening your elbows.

Hold your upper arms still, only moving your forearms during this movement.

Pause here, then inhale to return the weights to the starting position.

Do 2 to 3 sets of 10 to 15 reps.</p>

</div><br>

<div id="content">

<h1>Diamond Push-ups</h1>

<img src="workout4,3.jpg" alt="Image Placeholder">

<p>For the diamond pushup, begin by performing 2–3 sets of 8–15 repetitions. Choose your sets and repetitions based on your ability to maintain good technique throughout all sets and repetitions.

Begin on all fours with your knees and toes flexed and in contact with the floor. Your hips should be over your knees. Your hands should be slightly narrower than your shoulders. Connect your thumbs and index fingers to create a diamond shape. Grip the ground with your hands, and rotate your shoulders outward to engage your lats.

Straighten your legs to lift your knees off the ground so you end up in a pushup position. Your legs should be hip-width apart or together.

Pretension your shoulders and hips while engaging your core. Squeeze your quads and glutes. Your chin should remain tucked, as if you were holding an egg under your chin. All repetitions should begin from this position.

Pull your chest toward your hands by bending your elbows. Your shoulder blades should retract as you lower to the ground.

Lower your body until your upper arms are alongside your ribcage. Pause for a second at the bottom of the movement.

While maintaining your alignment, initiate the upward movement by squeezing your chest and straightening your elbows. Your shoulder blades should protract as you push to the top of the movement.

Finish the movement by squeezing your chest and triceps.</p>

</div><br>

<div id="content">

<h1>Skull Crusher</h1>

<img src="workout4,4.jpg" alt="Image Placeholder">

<p>If you’re new to this exercise, start with a low weight and work on perfecting your form. As you become familiar with the exercise and gain strength, you can slowly increase the weight you use.

Equipment used: flat bench, barbell (ideally an EZ Curl bar)

Sit on the bench with the barbell on your lap.

Grasp the barbell with a shoulder-width grip, palms facing down, while keeping your wrists straight.

Lie on your back as you bring the weight up to a position over your collarbone.

Keeping your shoulders stable, slowly bend your elbows, bringing the weight down to just past your head. Keep your elbows pointing straight ahead as you lower the weight.

Hold for 1–2 seconds. Then straighten your elbows, pushing the weight back to an overhead position. Keep your humerus bone fixed in space throughout the movement.

Perform 3 sets of 8–12 repetitions.</p>

</div><br>

<div id="content">

<h1>Overhead Tricep Extension</h1>

<img src="workout4,5.jpg" alt="Image Placeholder">

<p>The most common way to perform this exercise is using a dumbbell (or kettlebell) while standing or sitting. Hold the weight overhead by grasping the inside dumbbell plate surface with both hands, or by grasping both handles of the kettlebell.

Slowly bend your elbows and lower the weight behind your head as far as you can. Remember to keep your trunk upright and your core engaged. The weight should follow the path of your spine.

Then, at the lowest point, straighten your elbows and extend the weight back overhead. Hold the fully extended position for a moment, then repeat. Keep the movement slow and controlled.

Choose a weight that’s challenging but allows you to use good form. Keep the speed of the movement slow and steady.</p>

</div><br>

<footer>

<p>&copy; 2023 WorkoutLabs.com. All rights reserved.</p>

</footer>

</body>

</html>

5TH Workout page

<!DOCTYPE html>

<html>

<head>

<title>WORKOUT</title>

<style>

header {

background-color: #333;

color: #fff;

padding: 20px;

display: flex;

justify-content: space-between;

align-items: center;

}

a{

color: #fff;

}

.logo h1 {

font-size: 24px;

}

nav ul {

list-style: none;

display: flex;

}

nav ul li {

margin-left: 20px;

}

nav ul li a {

color: #fff;

text-decoration: none;

}

body {

background-color: #f2f2f2;

font-family: Arial, sans-serif;

}

#content {

max-width: 800px;

margin: 0 auto;

text-align: center;

background-color: #fff;

padding: 20px;

border-radius: 10px;

box-shadow: 0px 0px 10px rgba(0, 0, 0, 0.3);

}

#content img {

width: 100%;

max-width: 500px;

height: auto;

display: block;

margin: 0 auto;

}

#content p {

font-size: 1.2em;

line-height: 1.5;

color: #555;

margin-top: 20px;

}

footer {

background-color: #333;

color: #fff;

padding: 20px;

text-align: center;

}

footer p {

font-size: 14px;

}

</style>

</head>

<body>

<header>

<div class="logo">

<h1>WorkoutLabs.com</h1>

</div>

<nav>

<ul>

<li><a href="Homepage.html">Home</a></li>

<li><a href="aboutus.html">About Us</a></li>

</ul>

</nav>

</header> <br>

<div id="content">

<h1>Bicep Dumbbell Curl</h1>

<img src="workout5,1.jpg" alt="Image Placeholder">

<p>To do a biceps curl with a dumbbell, hold a dumbbell with your palm facing upward. Slowly curl the weight up by bending your elbow, keeping your elbow close to your body. Then slowly lower the weight to the starting position. You'll feel tension in the muscles in the front of your upper arm.

When you're doing biceps curls, don't swing your arm or elbow. Be careful to keep your wrist straight and rigid. If you flex your wrist as you bend your elbow, you won't target the biceps muscle effectively and you may hurt your elbow.

You can do biceps curls while you're standing or sitting. You can also work both biceps by alternating arms during the exercise. This also provides a core and stability challenge.

For most people, one set of 12 to 15 repetitions is adequate.

Remember, for best results, keep your wrist straight and rigid during the exercise. It's also important to keep your movements smooth and controlled.</p>

</div><br>

<div id="content">

<h1>Barbell curl</h1>

<img src="workout5,2.jpg" alt="Image Placeholder">

<p>For the barbell curl, begin by using a weight that you can control for 2–3 sets of 8–12 repetitions. Choose a weight that allows you to maintain good technique throughout all sets and repetitions.</p>

</div><br>

<div id="content">

<h1>Hammer Curl</h1>

<img src="workout5,3.jpg" alt="Image Placeholder">

<p>While standing or sitting, hold dumbbells at your sides with your palms facing each other.

Keep your back straight and your elbows against your sides.

Bend your elbows, bringing the dumbbells up toward your shoulders while keeping your upper arms in line with your trunk. Your palms will stay facing each other.

Pause for a 1–2 count, and then slowly lower the dumbbells back to the starting position at your sides.

Perform 2–3 sets of 8–15 repetitions.</p>

</div><br>

<div id="content">

<h1>Preacher curl</h1>

<img src="workout5,4.jpg" alt="Image Placeholder">

<p>For preacher curls, begin by performing 2–3 sets of 8–12 repetitions. Choose your sets and repetitions based on your ability to maintain good technique throughout all sets and repetitions.

Grab the barbell or EZ curl bar with an underhand grip, and sit down on the preacher curl bench with your feet flat on the floor. Adjust the seat to allow your upper arms and chest to be in contact with the arm pad.

Your chin should remain tucked throughout the movement, as if you were holding an egg under your chin. Your arms should be long with a slight bend in your elbows. Maintain a neutral wrist position and a comfortable grip. All repetitions should begin from this position.

While keeping your upper arms in contact with the arm pad, initiate the upward movement by squeezing your biceps and bending your elbows. Continue to lift until the barbell or EZ bar is level with your shoulders.

Finish the movement by squeezing your biceps.

Slowly straighten your elbows to lower the barbell to the starting position.</p>

</div><br>

<div id="content">

<h1>Alternative incline Dumbbell Curl</h1>

<img src="workout5,5.jpg" alt="Image Placeholder">

<p>Set up for the alternate incline dumbbell curl by setting the bench at a 30-45 degree incline and sitting a pair of dumbbells at the end. The lower the incline, the more challenging the exercise will be so 30 degrees is preferred.

Sit on the bench, pick up the dumbbells and lay back with your back flat on the padding.

You should be holding the dumbbells with an underhand grip, palms facing up.

Take up the slack in your arms by slightly bending them. This will put tension on the biceps. This is the starting position for the exercise.

Keeping your elbows fixed, slowly curl up the dumbbell in your weakest arm.

Squeeze the bicep at the top of the movement, then slowly lower back to the starting position.

Repeat for your other arm, and then repeat for desired reps.</p>

</div><br>

<footer>

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</footer>

</body>

</html>

6th WorKout Page

HTML

<!DOCTYPE html>

<html>

<head>

<title>WORKOUT</title>

<style>

header {

background-color: #333;

color: #fff;

padding: 20px;

display: flex;

justify-content: space-between;

align-items: center;

}

a{

color: #fff;

}

.logo h1 {

font-size: 24px;

}

nav ul {

list-style: none;

display: flex;

}

nav ul li {

margin-left: 20px;

}

nav ul li a {

color: #fff;

text-decoration: none;

}

body {

background-color: #f2f2f2;

font-family: Arial, sans-serif;

}

#content {

max-width: 800px;

margin: 0 auto;

text-align: center;

background-color: #fff;

padding: 20px;

border-radius: 10px;

box-shadow: 0px 0px 10px rgba(0, 0, 0, 0.3);

}

#content img {

width: 100%;

max-width: 500px;

height: auto;

display: block;

margin: 0 auto;

}

#content p {

font-size: 1.2em;

line-height: 1.5;

color: #555;

margin-top: 20px;

}

footer {

background-color: #333;

color: #fff;

padding: 20px;

text-align: center;

}

footer p {

font-size: 14px;

}

</style>

</head>

<body>

<header>

<div class="logo">

<h1>WorkoutLabs.com</h1>

</div>

<nav>

<ul>

<li><a href="Homepage.html">Home</a></li>

<li><a href="aboutus.html">About Us</a></li>

</ul>

</nav>

</header> <br>

<div id="content">

<h1>Leg Press</h1>

<img src="workout6,1.jpg" alt="Image Placeholder">

<p>Leg presses are seated exercises done on a leg press machine.

To start, sit with your back against a padded backrest and your feet on two large footrests. Your knees are bent to start the exercise. To move the weight, you must straighten your legs and then return them to the bent position</p>

</div><br>

<div id="content">

<h1>Seated Calf Raise Machine</h1>

<img src="workour6,2.jpg" alt="Image Placeholder">

<p>Take a seat on the machine and place the balls of your feet on the platform with your toes pointed forward - your heels will naturally hang off. Position the base of quads under the knee pad and allow your hands to rest on top. Extend your ankles and release the safety bar.</p>

</div><br>

<div id="content">

<h1>Leg Curl Machine</h1>

<img src="workour6,3.jpg" alt="Image Placeholder">

<p>The leg curl machine, similarly known as the hamstring curl, is one of the better isolation exercises for the hamstrings. The lying leg curl works the hamstrings similarly, and the leg press is popular, but it's also a compound exercise.</p>

</div><br>

<div id="content">

<h1>Leg Extension Machine</h1>

<img src="workour6,4.jpg" alt="Image Placeholder">

<p>Leg extensions are done on a leg extension machine. You sit on the machine with a weighted pad on top of your lower legs. Then you use your quads to repeatedly extend your knees and lift your lower legs. While the leg extension is a great quad workout, it might not be the most practical move.</p>

</div><br>

<div id="content">

<h1>Dumbbell lunges</h1>

<img src="workour6,5.jpg" alt="Image Placeholder">

<p>Inhale and take a big step forward with your right leg, landing on the heel.

Bend at the knee until the right thigh approaches parallel to the ground. ...

Step the right foot back on an exhale to return to the starting position.

Repeat the motion with the left leg.</p>

</div><br>

<footer>

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</footer>

</body>

</html>

**About Us page**

HTML

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>About Us - WorkoutLabs.com</title>

<style>

body, h1, h2, h3, h4, h5, h6, p, ul, li {

margin: 0;

padding: 0;

}

body {

background-color: #f2f2f2;

font-family: Arial, sans-serif;

}

/\* Header styles \*/

header {

background-color: #333;

color: #fff;

padding: 20px;

display: flex;

justify-content: space-between;

align-items: center;

}

a{

color: #fff;

}

.logo h1 {

font-size: 24px;

}

nav ul {

list-style: none;

display: flex;

}

nav ul li {

margin-left: 20px;

}

nav ul li a {

color: #fff;

text-decoration: none;

}

main {

width: 80%;

margin: 30px auto;

}

.about-section h2 {

margin-bottom: 20px;

font-size: 24px;

}

.about-content p {

margin-bottom: 10px;

font-size: 16px;

color: #333;

}

footer {

background-color: #333;

color: #fff;

padding: 20px;

text-align: center;

}

footer p {

font-size: 14px;

}

</style>

</head>

<body>

<header>

<div class="logo">

<h1>WorkoutLabs.com</h1>

</div>

<nav>

<ul>

<li><a href="Homepage.html">Home</a></li>

<li><a href="aboutus.html">About Us</a></li>

<li><a href="login.html">Login</a></li>

</ul>

</nav>

</header>

<main>

<section class="about-section">

<h2>About Us</h2>

<div class="about-content">

<p>Welcome to WorkoutLabs.com!</p>

<p>We are dedicated to helping individuals achieve their fitness goals and lead a healthy lifestyle. Our mission is to provide quality fitness resources, workout plans, and nutrition advice to our users.</p>

<p>WorkoutLabs.com was founded by Rishi B, a passionate fitness enthusiast who wanted to create a platform that simplifies fitness and makes it accessible to everyone. With a team of fitness experts, we strive to deliver reliable and up-to-date information to our users.</p>

<h3>Our Vision:</h3>

<p>To empower and inspire individuals to prioritize their health and fitness by providing accessible, effective, and personalized workout solutions.</p>

<h3>Our Mission:</h3>

<p>1. Provide comprehensive workout plans tailored to individual needs and goals.</p>

<p>2. Offer informative articles and guides to educate users about fitness, nutrition, and overall well-being.</p>

<p>3. Create a supportive and engaging community where individuals can connect and support each other in their fitness journeys.</p>

<p>Whether you are a beginner looking to start your fitness journey or an experienced athlete seeking new workout routines, WorkoutLabs.com has something for everyone. Explore our wide range of workout plans, exercise demonstrations, and informative articles to enhance your fitness knowledge.</p>

<p>Join our community and connect with fellow fitness enthusiasts. Share your progress, ask questions, and get support from like-minded individuals who are on a similar fitness journey.</p>

<p>Thank you for choosing WorkoutLabs.com as your trusted fitness resource. We are excited to be a part of your fitness journey and help you reach your goals.</p>

</div>

</section>

</main>

<footer>

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</footer>

</body>

</html>

Login Page Code

HTML

<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<style>

body {

background-color: #f2f2f2;

font-family: Arial, sans-serif;

}

.container {

max-width: 400px;

margin: 100px auto;

padding: 20px;

background-color: #fff;

border-radius: 5px;

box-shadow: 0 2px 5px rgba(0, 0, 0, 0.1);

box-sizing: border-box; /\* Add this line \*/

}

h1 {

text-align: center;

margin-bottom: 20px;

}

p{

text-align: center;

margin-bottom: 20px;

}

label {

display: block;

margin-bottom: 8px;

}

input[type="text"],

input[type="password"] {

width: 100%;

padding: 10px;

border: 1px solid #ccc;

border-radius: 3px;

margin-bottom: 20px;

box-sizing: border-box; /\* Add this line \*/

}

button {

width: 100%;

padding: 10px;

background-color: #333;

color: #fff;

border: none;

border-radius: 3px;

cursor: pointer;

}

button:hover {

background-color: #555;

}

</style>

<title>Login</title>

</head>

<body>

<div class="container">

<h1>Login</h1>

<p>WorkoutLabs.com</p>

<form id="login-form">

<label for="username">Username</label>

<input type="text" id="username" required>

<label for="password">Password</label>

<input type="password" id="password" required>

<button type="submit">Login</button>

</form>

</div>

<script>

document.getElementById('login-form').addEventListener('submit', function(event) {

event.preventDefault

var username = document.getElementById('username').value;

var password = document.getElementById('password').value;

if (username === 'admin' && password === 'password') {

alert('Login successful!');

window.location.href = 'Homepage.html';

} else {

alert('Invalid username or password. Please try again.');

}

});

</script>

</body>

</html>