

```
1 <!DOCTYPE html>
2 <!-- This website template was created by: Student's First Name Student's Last
   Name -->
3 <html lang="en">
4 <head>
5     <link rel="stylesheet" href="css/styles.css">
6     <title>Forward Fitness Club</title>
7     <meta charset="utf-8">
8     <meta name="viewport" content="width=device-width, initial-scale=1">
9 </head>
10 <body>
11
12     <div id="container">
13
14         <!-- Use the header area for the website name or logo -->
15         <header>
16             <a href="index.html"></a>
17         </header>
18
19         <!-- Use the nav area to add hyperlinks to other pages within the website -->
20         <nav>
21             <ul>
22                 <li><a href="index.html">Home</a></li>
23                 <li><a href="about.html">About Us</a></li>
24                 <li><a href="classes.html">Classes</a></li>
25                 <li><a href="nutrition.html">Nutrition</a></li>
26                 <li><a href="contact.html">Contact Us</a></li>
27             </ul>
28         </nav>
29
30         <!-- Use the main area to add the main content of the webpage -->
31         <main>
32
33             <section>
34                 <h1>Weights</h1>
35                 
36                 <p>Our facility includes a weight training area with several weight
                   options. Build lean muscle with weights and improve your core with
                   weight training.</p>
37                 <ul class="items">
38                     <li>Dumbbells</li>
39                     <li>Kettle bells</li>
40                     <li>Barbells</li>
41                 </ul>
42             </section>
43
44             <section>
45                 <h1>Cardio</h1>
46                 
47                 <p>Burn fat through cardio workouts. If you need to lose 20lbs or more,
                   include at least 30 minutes of cardio each day. We have several
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equipment choices for your workout.</p>
48 <ul class="items">
49   <li>Treadmills</li>
50   <li>Elliptical Machines</li>
51   <li>Exercise Bikes</li>
52 </ul>
53 </section>
54
55 <section>
56 <h1>Personal Training</h1>
57 
58 <p>Our certified personal trainers work with you one on one to help you
    obtain your fitness goals. Our personal trainers keep you motivated and
    push you farther than you would push yourself. When you feel like you
    cannot do one more rep, they tell you that you can. Personal training
    has many benefits.</p>
59 <ul class="items">
60   <li>Accountability</li>
61   <li>Personalized Program</li>
62   <li>Consistent Support and Motivation</li>
63 </ul>
64 </section>
65
66 <section class="tablet">
67
68 <h1>Common Exercises</h1>
69 <p>The following are common exercises that we encourage our clients to do
    as part of their daily exercise routine.</p>
70 <dl>
71   <dt>Burpee</dt>
72   <dd>Burpees are a great, full body exercise to increase your strength
    and endurance. Begin in a standing position, drop into a squat and
    extend your hands forward, kick your feet back and then forward
    again quickly, and then jump up from a squatted position.
73   </dd>
74
75   <dt>Plank</dt>
76   <dd>Planks build your core strength. To perform a plank, get in a push
    up position and rest your forearms on the floor. Hold the position
    as long as you can.
77   </dd>
78
79   <dt>Mountain Climber</dt>
80   <dd>Mountain climbers are a good cardio exercise. Place your hands on
    the floor in a push up position, then bring one knee up to your
    chest and then switch as quickly as you can (as though you are
    climbing a mountain).
81   </dd>
82 </dl>
83
84 <p>For more information about how to stay active, visit <a href="http://
    www.fitness.gov/be-active/ways-to-be-active/">fitness.gov</a>.</p>
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85
86     </section>
87
88 </main>
89
90 <!-- Use the footer area to add webpage footer content -->
91 <footer>
92     &copy; Copyright 2015. All Rights Reserved.<br>
93     <a href="mailto:forwardfitness@club.net">forwardfitness@club.net</a>
94 </footer>
95
96 </div>
97
98 </body>
99 </html>
```