

# Wireframe

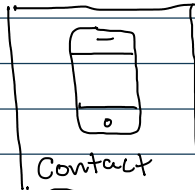
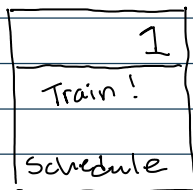
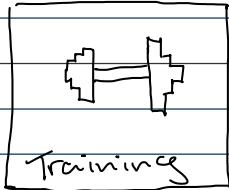
Tuesday, December 10, 2024 10:24

Desktop



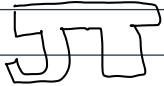
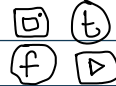
## Jeneration T Training & Fitness

Jeneration T is a program designed to help the average person begin their journey to a healthier lifestyle.  
Along with a nutrition plan, this program is the first step to making your life better.  
Click the boxes below to learn more, or contact us to set up the plan that's right for you.



Footer  
remains  
the same

email  
phone

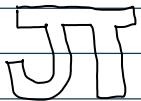


Home Training Schedule Contact  
US

### Training

Whether you have access to a gym, or just want something easy to do at home, Jeneration T can give you the best exercises to get you into better shape.  
Below are some common exercises you can do no matter where you are.  
Click each to learn more!

Pushups Situps Planks Crunches  
Mountain Climbers Bicycle



Home Training Schedule Contact  
US

### Schedule

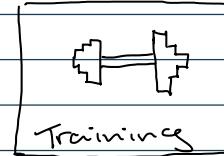
Day	Primary Focus	Secondary Focus	Exercises
Sun	Legs	Abs	XXXX
Mon	Arms	Abs	XXXX

Mobile

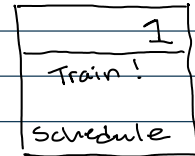


## Training Fitness

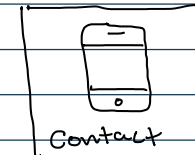
Jeneration T is designed to help YOU get into the right lifestyle.  
Along with a good nutrition plan, this program will help you get back into the healthy life.  
Tap on the boxes below to find out more, or contact us to determine the best plan for you.



Training



Schedule



Contact



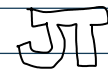
Training  
Fitness



Training

No matter where you are, Jeneration T can give you the best exercises to get you in shape.  
Tap each exercise to learn more!

Pushups Situps  
Planks Crunches  
M. Climbers Bicycle



Training  
Fitness

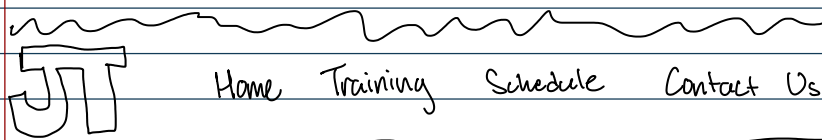


### Schedule

Day	Primary Focus	Secondary Focus
Sun	Legs	Abs
Mon	Arms	Abs

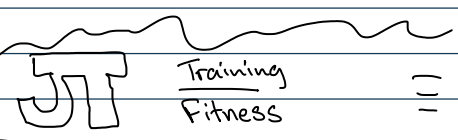
Mon	Arms	Abs	XXXX
Tues	Chest	Tri / sho	XXXX
Wed	Cardio	N/A	XXXX
Thurs	Back	Bi	XXXX
Fri	Rest		
Sat	Cardio	Stretches	XXXX

Mon	Arms	Abs
Tues	Chest	Tri / sho
Wed	Cardio	N/A
Thurs	Back	Bi
Fri	Rest	
Sat	Cardio	Stretch



Home Training Schedule

Contact Us



Training  
Fitness

Contact Us

Does this program seem right for you? Contact us today to start training for a healthier life.

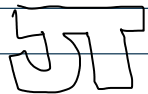
Call us: 1 (800) 354-7890  
Email us: jeneration.t@fitness.com

We proudly offer discounts for students, military, and senior citizens.

COPY

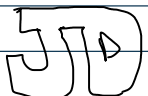
See more projects from the website creator.

## More Projects



Jeneration T

Using JavaScript  
and bootstrap



Jen Dahl's  
Portfolio

Understanding  
basic HTML



Future  
Technology

styling pages  
with CSS



Women's  
Rights

inputing video  
and audio