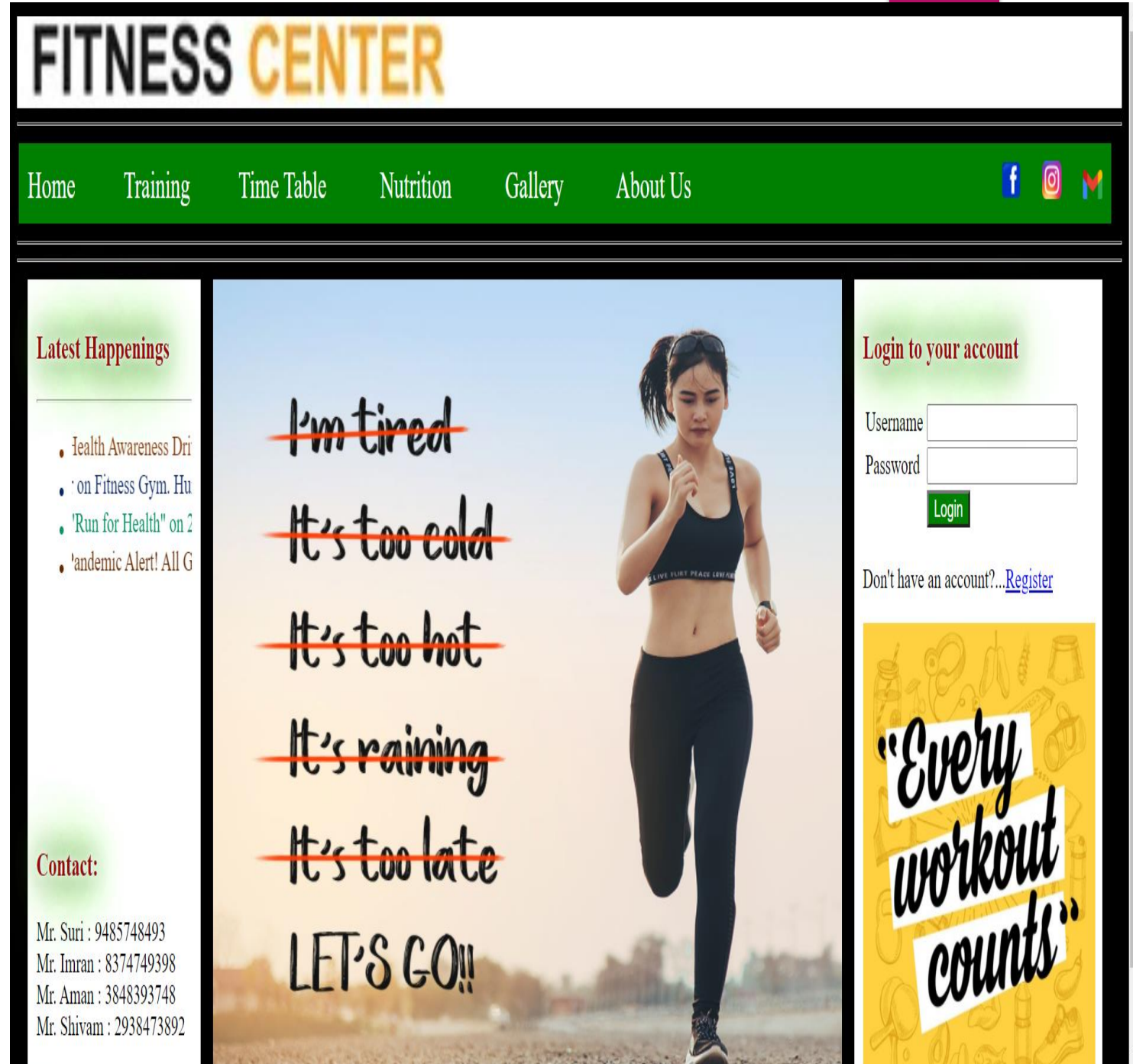


# Fitness Center

**By:** Md Imran Raj  
Aryaman suri  
Aprendu Aman  
Shivam Hooda

# Home Page

- Developer: **Md Imran Raj**
- Common menu design for all pages
- Moving text
- Easy navigation
- Links for Social Networking sites
- Login option available



# Training Page

- Developer: **Shivam Hooda**
- Details on programs provided by FITNESS CENTER
- Attractive format
- Short description on each program

## FITNESS CENTER

[Home](#)[Training](#)[Time Table](#)[Nutrition](#)[Gallery](#)[About Us](#)

### Training Programs

#### 1. Muscle Gain/Weight Gain



*This workout is designed to increase your muscle mass as much as possible in 10 weeks. The program works each muscle group hard once per week using mostly heavy compound exercises. You will train on a 4 day split routine, resting on Wednesdays and the weekends. To get the most out of this program you need to be eating BIG. Big meals, at least 5 times a day.*

# TimeTable Page

- Developer: *Aryaman Suri*
- A schedule on different types of training excercises
- Day wise details
- Tabular arrangement



DAY-1	Chest+Traps	
1. Warm Up - DB press	2 Sets	20 reps
2. Barbell Press	4 Sets	12,10,8,6 reps
3. Decline DV Press	6 Sets	12,10,8,6 reps
4. Barbell Shrugs	4 Sets	12,10,8,6 reps
5. DB shrugs	3 Sets	8,6,4 reps

DAY-2	Arms + calves	
1. Warm Up	2 Sets	20 reps
2. Barbell Curls	5 Sets	10,8,6,6,5 reps
3. DB HAMmer Curls	5 Sets	5,6,6,8,10 reps
4. Bench Dips	2 Sets	20,20 reps
5. Calf Raise	3 Sets	12,10,8 reps

DAY-3	Legs + Abs	
1. Squats	3 Sets	20 reps
2. Leg Press	2 Sets	6,6,5 reps

# Nutrition Page

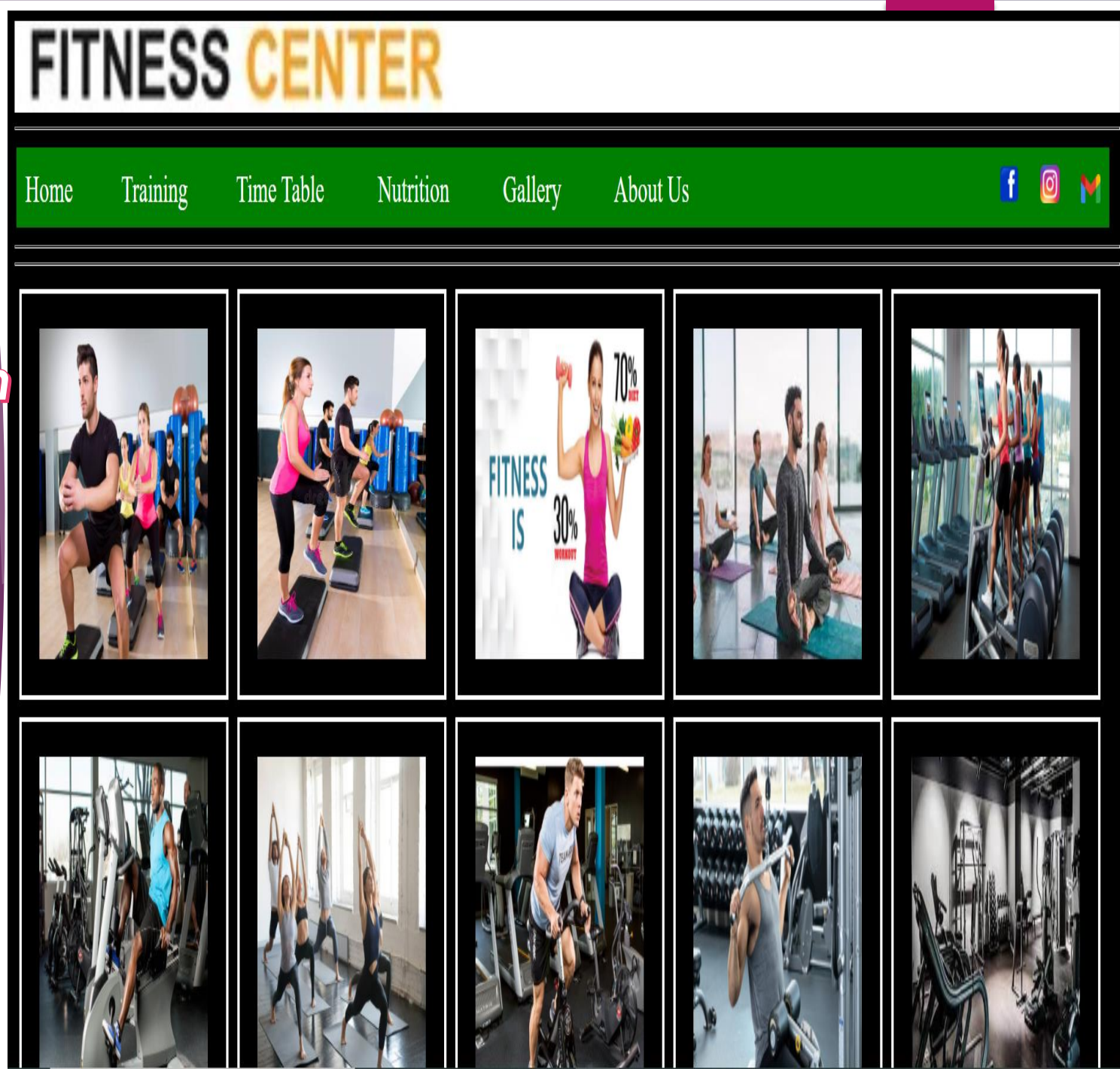
- Developer: **Aryaman Suri**
- Daily Nutrition guide
- Tabular arrangement
- Proper description depending on needs

NUTRITION			
Contents Present In Specific Food Items			
NUTRIENTS	DAILY VALUE	FUNCTIONS	SOURCES
PROTEIN			
	16 g	Important for Growth and development and helps in repairing cells.	good sources include poultry,meat,fish,egg,nuts,etc..
FIBER			
			



# Gallery Page

- Developer: **Aprendu Aman**
- Collection of Fitness Center Photos
- Well displayed in proper arrangement



# Register Page

- Developer: *Shivam Hooda*
- Simple form to register into the website
- Opens in New tab, doesn't disturb the flow of original website

## Register

Please fill in this form to create an account.

Email

Password

Repeat Password

By creating an account you agree to our [Terms & Privacy](#).

Register

# Contributions

- ▶ **Md Imran Raj** : Home Page  
PPT Presentation
- ▶ **Aryaman Suri** : Nutrition  
Time Table
- ▶ **Aprendu Aman** : Gallery  
Project File
- ▶ **Shivam Hooda** : Training  
Registration