<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

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

<title>Fit Flex Promo</title>

<style>

\* {

margin: 0;

padding: 0;

box-sizing: border-box;

}

body, html {

height: 100%;

font-family: Arial, sans-serif;

overflow: hidden;

}

.video-bg {

position: fixed;

right: 0;

bottom: 0;

min-width: 100%;

min-height: 100%;

z-index: -1;

object-fit: cover;

}

.overlay {

position: absolute;

top: 0;

left: 0;

height: 100%;

width: 100%;

background: rgba(0,0,0,0.5);

display: flex;

justify-content: center;

align-items: center;

text-align: center;

color: #fff;

flex-direction: column;

padding: 20px;

}

h1 {

font-size: 3rem;

color: #ffcc00;

margin-bottom: 20px;

text-transform: uppercase;

}

p {

font-size: 1.5rem;

margin-bottom: 30px;

}

.btn {

padding: 12px 25px;

background: #ffcc00;

color: black;

text-decoration: none;

font-size: 1.2rem;

border-radius: 8px;

transition: 0.3s;

}

.btn:hover {

background: #ffa500;

}

</style>

</head>

<body>

<!-- Background video -->

<video autoplay muted loop class="video-bg">

<source src="fitflex.mp4" type="video/mp4">

Your browser does not support the video tag.

</video>

<!-- Overlay content -->

<div class="overlay">

<h1>Fit Flex</h1>

<p>Your Personal Fitness Companion 💪</p>

<a href="#" class="btn">Download Now</a>

</div>

</body>

</html>