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1  <!--workouts.html-->
2  <!DOCTYPE html>
3  <html lang="en">
4  <head>
5  <title>HealthNut | Courses</title>
6  <meta charset="utf-8">
7  <link rel="stylesheet" href="css/reset.css" type="text/css" media="screen">
8  <link rel="stylesheet" href="css/style.css" type="text/css" media="screen">
9  <link rel="stylesheet" href="css/layout.css" type="text/css" media="screen">
10 <link href='http://fonts.googleapis.com/css?family=Adamina' rel='stylesheet'
    type='text/css'>
11 <script src="js/jquery-1.6.3.min.js" type="text/javascript"></script>
12 <script src="js/cufon-yui.js" type="text/javascript"></script>
13 <script src="js/cufon-replace.js" type="text/javascript"></script>
14 <script src="js/Lobster_13_400.font.js" type="text/javascript"></script>
15 <script src="js/NewsGoth_BT_400.font.js" type="text/javascript"></script>
16 <script src="js/FF-cash.js" type="text/javascript"></script>
17 <script src="js/easyTooltip.js" type="text/javascript"></script>
18 <script src="js/script.js" type="text/javascript"></script>
19 <script src="js/bgSlider.js" type="text/javascript"></script>
20 <!--[if lt IE 9]>
21 <script type="text/javascript" src="js/html5.js"></script>
22 <link rel="stylesheet" href="css/ie.css" type="text/css" media="screen">
23 <![endif]-->
24 </head>
25 <body id="page3">
26 <div id="bgSlider"></div>
27 <div class="bg_spinner"></div>
28 <div class="extra">
29 <!--=====header=====-->
30 <header>
31 <div class="top-row">
32 <div class="main">
33 <div class="wrapper">
34 <h1><a href="index.html">HealthNut</a></h1>
35 <ul class="pagination">
36 <li class="current"><a href="images/bg-img1.jpg">1</a></li>
37 <li><a href="images/bg-img2.jpg">2</a></li>
38 <li><a href="images/bg-img3.jpg">3</a></li>
39 </ul>
40 </div>
41 </div>
42 <div class="menu-row">
43 <div class="menu-border">
44 <div class="main">
45 <nav>
46 <ul class="menu">
47 <li><a href="Homepage.html">Homepage</a></li>
48 <li><a href="about.html">About Us</a></li>
49 <li><a class="active" href="workouts.html">Workouts</a></li>
50 <li><a href="recipes.html">Recipes</a></li>
51 <li><a href="profile.php">Profile</a></li>
52 <li><a href="welcome.php">Login</a></li>
53 </ul>
54 </nav>
55 </div>
56 </div>
57 </div>
58 <html>
59 <head>
60 <style>
61 input[type=text] {
62     width: 15%;
63     box-sizing: border-box;
64     border: 2px solid #ccc;
65     border-radius: 4px;
66     font-size: 16px;

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67     background-color: white;
68     background-image: url('searchicon.png');
69     background-position: 10px 10px;
70     background-repeat: no-repeat;
71     padding: 12px 20px 12px 40px;
72 }
73 </style>
74 </head>
75 <body>
76
77
78 <form>
79   <input type="text" name="search" placeholder="Search..">
80 </form>
81
82 </body>
83 </html>
84 </header>
85 <!--=====content=====-->
86 <div class="inner">
87   <div class="main">
88     <section id="content">
89       <div class="indent">
90         <div class="wrapper">
91           <article class="col-1">
92             <div class="indent-left">
93               <h3>Short Workouts</h3>
94               <h6>These workouts may be short but they will pack a punch and help you
to loose fat and gain muscle.</h6>
95               <p class="p1">Here is where you can choose the workouts you want.</p>
96               <div class="wrapper indent-bot">
97                 <div class="column-1">
98                   <ul class="list-1">
99                     <li><a href="#">Legs</a></li>
100                    <li><a href="#">Chest</a></li>
101                    <li><a href="#">Core</a></li>
102                    <li><a href="#">Cardio</a></li>
103                  </ul>
104                </div>
105                <div class="column-2">
106                  <ul class="list-1">
107                    <li><a href="#">One-hour workouts</a></li>
108                    <li><a href="#">Thirty-minute workouts</a></li>
109                    <li><a href="#">Ten-minute workouts</a></li>
110                    <li><a href="#">Simple stretches</a></li>
111                  </ul>
112                </div>
113              </div>
114            </div>
115          <div class="bg">
116            <div class="padding">
117              <h3 class="p2">Recovery</h3>
118              <div class="wrapper p3">
119                <figure class="img-indent"></figure>
120                <div class="extra-wrap">
121                  <h6>Yoga can be an easy way to workout and make your body feel
good after a long day.</h6>
122                  <p class="p1">Totam rem aperiam eaque ipsa quae ab illo inventore
veritatis et quasi architecto beatae vitae dicta sunt explicabo.
Nemo enim ipsam voluptatem quia voluptas.</p>
123                  <a class="button-2" href="#">Read More</a> </div>
124                </div>
125              <div class="wrapper">
126                <figure class="img-indent"></figure>
127                <div class="extra-wrap">
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128         <h6>Sitting for an extended period of time will cause bad posture
129         and cause stiff muscles. </h6>
130         <p class="p1">It's recommended that you stand,walk, or strech
131         throughout the day.</p>
132         <a class="button-2" href="#">Read More</a> </div>
133     </div>
134 </div>
135 </div>
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161 </div>
162 </div>
163 <!--=====footer=====-->
164 <footer>
165     <div class="padding">
166         <div class="main">
167             <div class="wrapper">
168                 <ul class="list-services">
169                     <li>Link to Us:</li>
170                     <li><a class="tooltips" href="#"></a></li>
171                     <li class="item-1"><a class="tooltips" href="#"></a></li>
172                     <li class="item-2"><a class="tooltips" href="#"></a></li>
173                 </ul>
174             </div>
175         </div>
176     </div>
177 </footer>
178 <script type="text/javascript">Cufon.now();</script>
179 </body>
180 </html>

```