```
1
    <!--workouts.html-->
   <!DOCTYPE html>
 3
   <html lang="en">
4
   <head>
 5
   <title>HealthNut | Courses</title>
  <meta charset="utf-8">
7
   <link rel="stylesheet" href="css/reset.css" type="text/css" media="screen">
  <link rel="stylesheet" href="css/style.css" type="text/css" media="screen">
9 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'</pre>
    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 <pre>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>
   <script src="js/script.js" type="text/javascript"></script>
18
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>
   <body id="page3">
25
26 <div id="bgSlider"></div>
27 <div class="bg_spinner"></div>
28 <div class="extra">
29
      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
             36
               <a href="images/bg-img1.jpg">1</a>
37
               <a href="images/bg-img2.jpg">2</a>
38
               <a href="images/bg-img3.jpg">3</a>
39
             40
         </div>
41
       </div>
42
       <div class="menu-row">
43
         <div class="menu-border">
44
           <div class="main">
45
             <nav>
46
               47
                 <a href="Homepage.html">Homepage</a>
48
                 <a href="about.html">About Us</a>
49
                 <a class="active"href="workouts.html">Workouts</a>
50
                 <a href="recipes.html">Recipes</a>
51
             <a href="profile.php">Profile</a>
52
                 <a href="welcome.php">Login</a>
53
               54
             </nav>
55
           </div>
56
         </div>
57
        </div>
58 <html>
59 <head>
60 <style>
   input[type=text] {
61
62
       width: 15%;
63
       box-sizing: border-box;
64
       border: 2px solid #ccc;
65
       border-radius: 4px;
66
       font-size: 16px;
```

```
67
         background-color: white;
 68
         background-image: url('searchicon.png');
 69
         background-position: 10px 10px;
         background-repeat: no-repeat;
 71
         padding: 12px 20px 12px 40px;
 72
     </style>
 73
 74
     </head>
 7.5
     <body>
 76
 77
 78
     <form>
 79
       <input type="text" name="search" placeholder="Search..">
 80
     </form>
 81
 82
    </body>
 83
    </html>
 84
       </header>
 85
       <!--=================-->
 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">
                  <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
                    Here is where you can choose the workouts you want.
 96
                    <div class="wrapper indent-bot">
 97
                      <div class="column-1">
 98
                        99
                          <a href="#">Legs</a>
100
                          <a href="#">Chest</a>
101
                          <a href="#">Core</a>
                          <a href="#">Cardio</a>
102
103
                        104
                      </div>
105
                      <div class="column-2">
                        106
107
                          <a href="#">One-hour workouts</a>
108
                          <a href="#">Thirty-minute workouts</a>
109
                          <a href="#">Ten-minute workouts</a>
110
                          <a href="#">Simple stretches</a>
                        111
112
                      </div>
                    </div>
113
                  </div>
114
                  <div class="bg">
115
116
                    <div class="padding">
117
                      <h3 class="p2">Recovery</h3>
118
                      <div class="wrapper p3">
119
                        <figure class="img-indent"><img src="images/page3-yoga.jpg" alt=""</pre>
                        /></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
                          Totam rem aperiam eaque ipsa quae ab illo inventore
                          veritatis et quasi architecto beatae vitae dicta sunt explicabo.
                          Nemo enim ipsam voluptatem quia voluptas.
123
                          <a class="button-2" href="#">Read More</a> </div>
124
                      </div>
                      <div class="wrapper">
125
126
                        <figure class="img-indent"><img src="images/strongman workout.jpg"</pre>
                        alt="" /></figure>
127
                        <div class="extra-wrap">
```

```
<h6>Sitting for an extended period of time will cause bad posture
128
                       and cause stiff muscles. </h6>
129
                       It's recommended that you stand, walk, or strech
                       throughout the day.
130
                       <a class="button-2" href="#">Read More</a> </div>
131
                    </div>
132
                  </div>
                </div>
133
134
               </article>
               <article class="col-2">
135
                <h3 class="border-bot p2">Morning exercise</h3>
136
137
                <h6 class="color-3">Benefits of working out the morning before work </h6>
138
                You may get a little less sleep but after your morning
                exercise you should feel more awake and ready for the day ahead!
                <figure class="p2"><img src="images/page3-wake.jpg" alt="" /></figure>
139
140
                <a href="#">Enhance your metabolism</a>
141
142
                  <a href="#">Helps promote consistency</a>
                  <a href="#">Improves physical and mental energy</a>
143
                  <a href="#">Helps develop strong self-discipline</a>
144
                  <a href="#">Will help you get better sleep</a>
145
                  <1i><a href="#">Will help you reach your fitness goals faster</a>
146
147
                </111>
148
                149
                  <a href="#">Cardio</a>
                  <a href="#">Weight room exercises</a>
150
151
                  <a href="#">Stretches</a>
152
                  <a href="#">Performance</a>
153
                  <a href="#">Every minute counts</a>
154
                155
               </article>
156
             </div>
157
           </div>
158
         </section>
         <div class="block"></div>
159
160
        </div>
      </div>
161
162
   </div>
   163
164
165
      <div class="padding">
166
        <div class="main">
167
         <div class="wrapper">
168
           169
             Link to Us:
170
             <a class="tooltips" href="#"></a>
             <a class="tooltips" href="#"></a>
171
172
             <a class="tooltips" href="#"></a>
173
           174
         </div>
175
        </div>
176
      </div>
177
    </footer>
178
     <script type="text/javascript">Cufon.now();</script>
179
     </body>
180
    </html>
```