

S.E.T (Self Exercise Trainer)

- SET is a fitness base website which guide user to do proper exercise and diet schedule.It also give the location of near by gyms.
- HTML,CSS and Javascrit is used to make front end.MyMaps by google is used to give location of gyms.

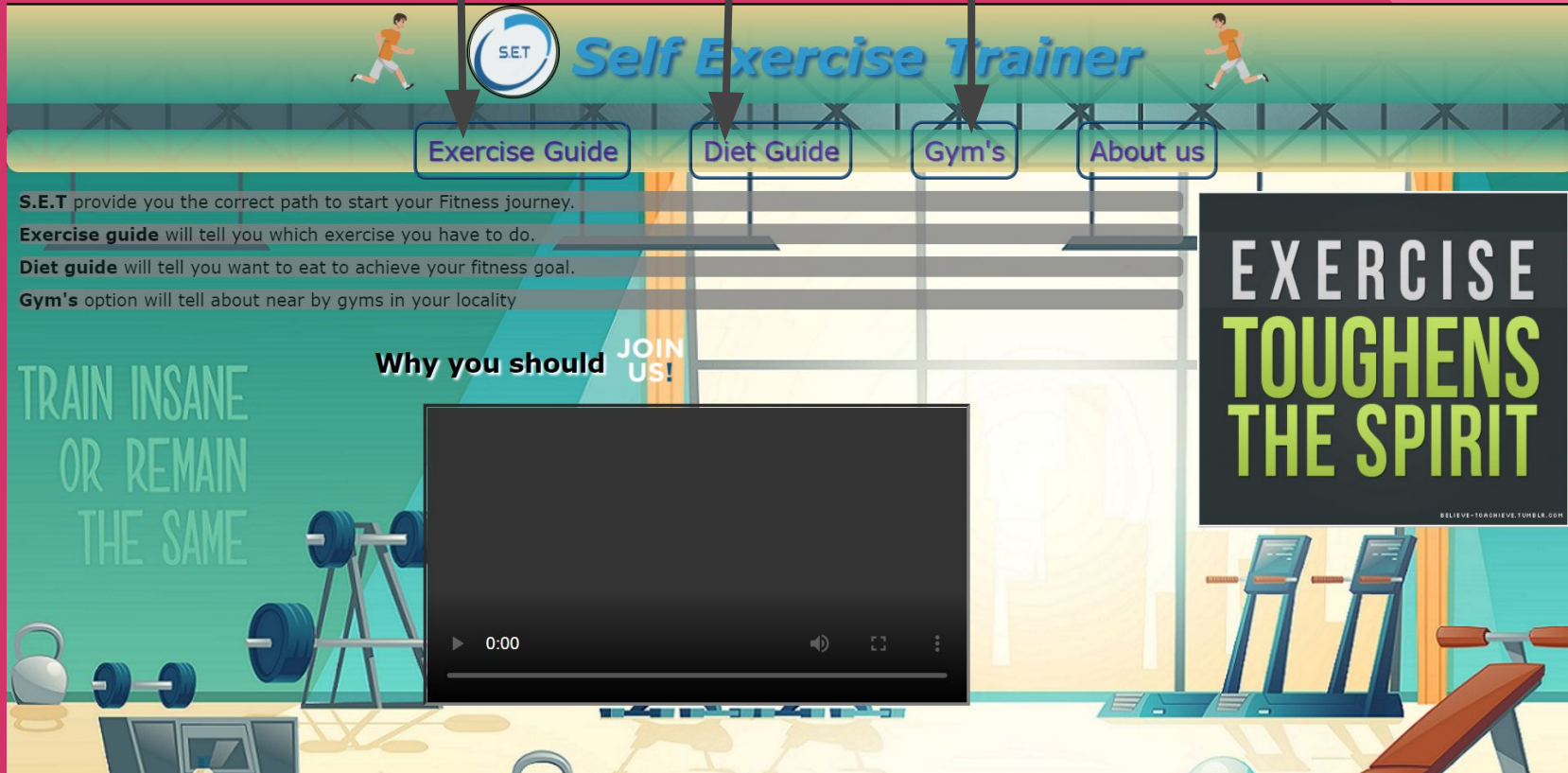
Team: Sahil (2018UC01633) and Kunal Rohilla (2018UC01631)

Home Page

Exercise guide will tell which exercise user should do.

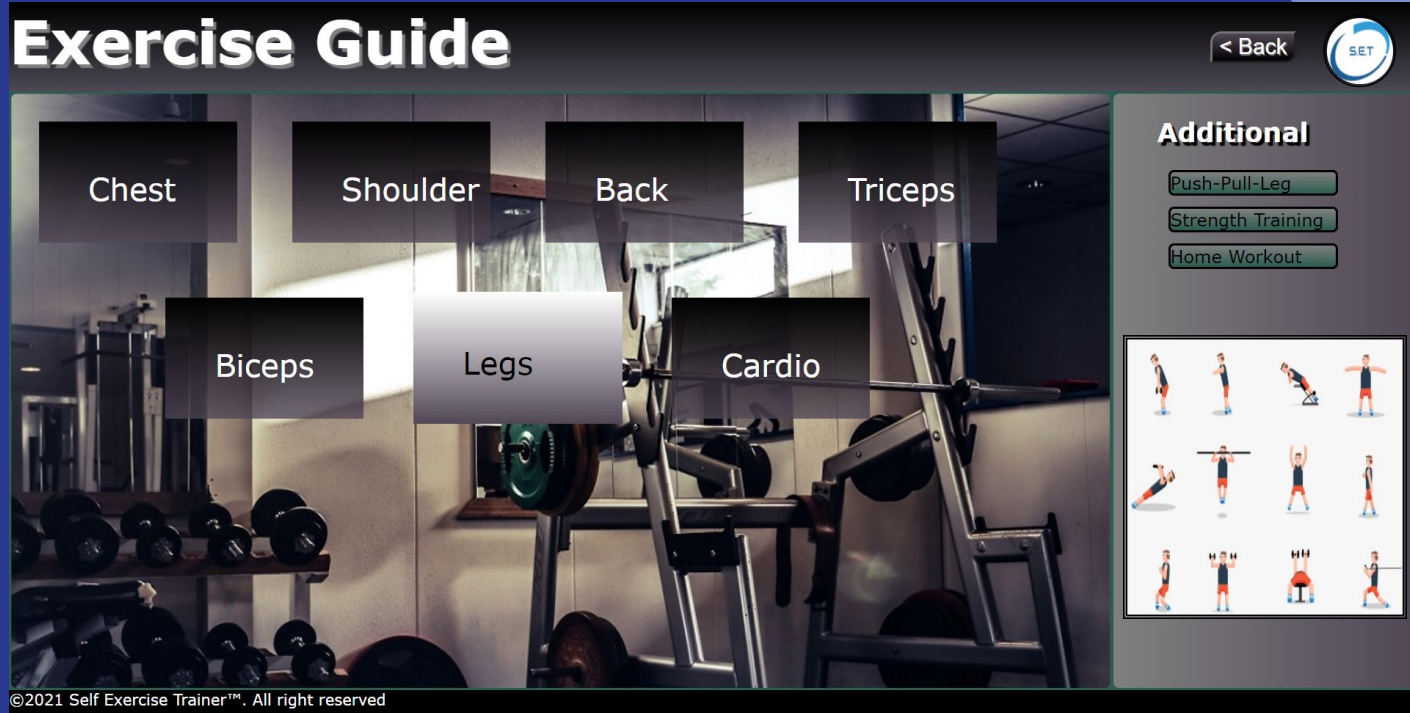
Diet guide will tell which diet user should follow.

Gym's will tell the locations of near by gyms.



Exercise Guide

This Include exercises of all major muscles like chest, shoulder, back, triceps, biceps, legs and also include the cardio.



Example of Exercise guide


Each body part section contains 3 exercises of that part. First the exercise description is given in text form and a video description is attached to it.

Chest Exercises

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1. Push Ups

The ordinary pushup provides 61 percent chest muscle activation. That's significantly less than the bench press, but pushups offer convenience and triple the muscle-building benefits: they strengthen your chest, arms, and shoulders. Get the most from your pushups by paying close attention to your form. Tighten your abdominals, keep your back flat, your neck in alignment with your spine, and keep your elbows close to your sides. With your hands directly under your shoulders, lower yourself slowly and with control. Lastly, press up. The only equipment you need is the mirror, where you can admire your newly toned chest!



How to Do a Push Up Correctly

Watch later Share

Push Up Correctly

Watch on YouTube

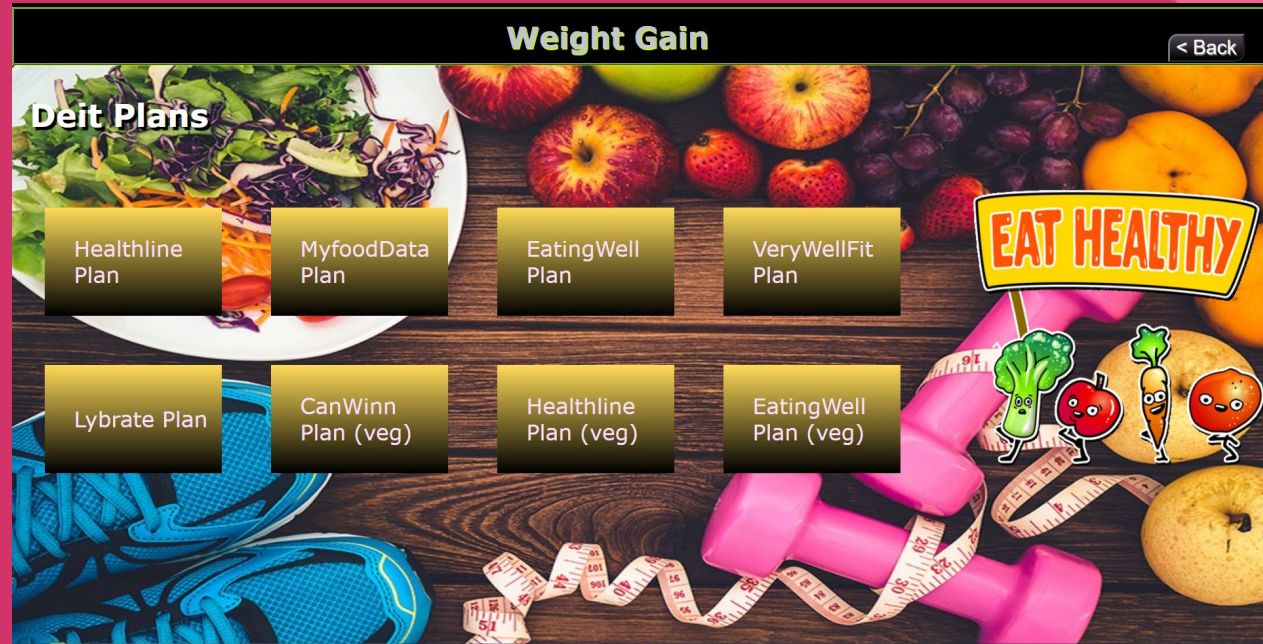
Diet Guide

It includes many diet plans like diet to gain weight, loss weight and even diet to gain weight but in slow and progressive manner.



Example of Diet Guide

Each section will contain 6-8 plans of different organisation. It include both veg and non-veg diet plans.

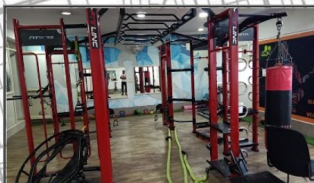


Gym's

It will show all near by gym's locations ,their rating ,contact info and reviews.So the user can choose which gym is best.

Near by GYM's

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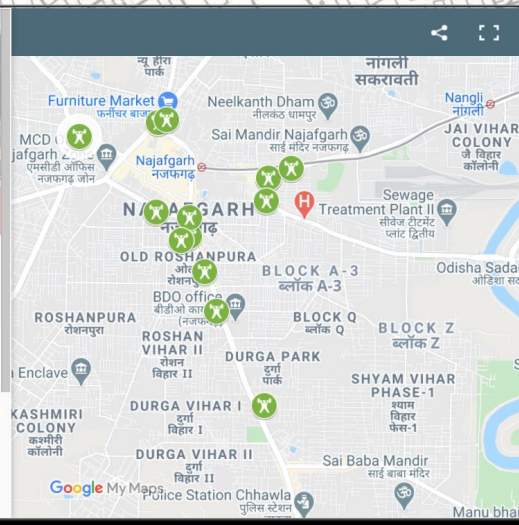


← Go Strong Gym

name
Go Strong Gym

Details from Google Maps

Plot No. 12 & 13, near Orthoplas
Hospital, Block B, Gopal Nagar
Extension, Najafgarh, New Delhi, Delhi
110043
+91 87500 00855
4.8 ★★★★★

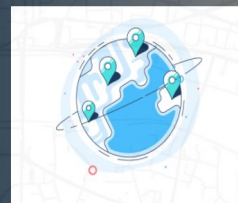


Exclusive Offers

3 Month Plans

6 Month Plans

1 Year Plans



About us

It contain the information of the developers of this website.

About Us

SET is fitness base website.

This is Developed in 2021 as a project for College

Our Team

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