

Project Brief: SamlSTHENICS

SamlSTHENICS is a fitness blog containing information, examples, and tutorials for different calisthenics and fitness exercises. SamlSTHENICS is looking for a new website in order to post new content for there devoted viewers. The site will make the content available in a way that gives the user an experience that will make them want to keep coming back to learn the new exercises. Upcoming exercises will be showcased as well.