



DECEMBER 31, 2018

Web & Social Media for Enterprise

VALIDATION AND TESTING DOCUMENT



STEPHEN OLIN
B00021147
IT BLANCHARDSTOWN

VALIDATION

CSS

Document checking completed. No errors or warnings to show.

Source

```
1 @charset "UTF-8";  
2 /* CSS Document */  
3   
4 body {  
5     max-width: 1024px;  
6     margin-left: auto;  
7     margin-right: auto;  
8     height: 100%;  
9     font-family: boogaloo;  
10    background-color: #FFFFFF;  
11    font-style: normal;  
12    font-weight: 400;  
13    font-size: large;  
14    border-bottom-left-radius: 0px;  
15 }  
16 /* Add a black background color to the top navigation */  
17 .topnav {  
18     background-color: black;  
19     overflow: hidden;  
20 }  
21 /* Style the links inside the navigation bar */  
22 .topnav a {  
23     float: left;  
24     display: block;  
25     color: white;  
26     text-align: center;  
27     padding: 14px 16px;  
28     text-decoration: none;  
29     font-size: 17px;  
30 }  
31 /* Change the color of links on hover */  
32 .topnav a:hover {  
33     background-color: #59A04F;  
34 }  
35 /* Hide the link that should open and close the topnav on small screens */  
36 .topnav .icon {  
37     display: none;  
38 }  
39 /* Add an active class to highlight the current page */  
40 .current_page {  
41     background-color: #59A04F;  
42 }  
43 .active {  
44     color: black;  
45 }
```

INDEX

Document checking completed. No errors or warnings to show.

Source

```
1 <!--  
2 Name: Stephen Olin=  
3 Student No: 000021147=  
4 Assignment 1: Responsive Website=  
5 File: index.html=  
6 -->  
7 <!DOCTYPE html>  
8 <html lang="en">  
9 <head>  
10 <meta charset="UTF-8";  
11 <title>Index</title>  
12 <!-- Load an icon library to show a hamburger menu (bars) on small screens -->  
13 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">  
14 <link rel="stylesheet" href="css/styleSheet.css"?>  
15 <!-- The following script tag downloads a font from the Adobe Edge Web Fonts server for use within the web page. We recommend that you do not modify it.--><script>var __adobewebfontsappname__="dreamweaver"</script><script  
src="http://use.edgefonts.net/actor:n4:default;boogaloo:n4:default.js"></script>  
16 </head>  
17 <-->  
18 <body>  
19 <header> <a href="index.html"></a>  
20 <div class="topnav" id="myTopnav"> <a class="current_page" href="index.html">HOME</a> <a href="about_me.html">MY STORY</a> <a href="about_ica.html">ICA STORY</a> <a href="contact.html">CONTACT</a> <a href="gallery.html">GALLERY</a> <a href="classes.html">CLASSES</a> <a href="workshop.html">WORKSHOPS</a> <a href="javascript:void(0);>" class="icon" onclick="myFunction()> <i class="fa fa-bars"></i> </a> </div>  
21 </header>  
22 <main>  
23 <div class="hero-box">  
24     <h1>ABILITY IS LIMITLESS<br>  
25     BE MORE DO MORE</h1>  
26 </div>  
27 <div class="container">  
28 <div class="overlay">  
29     <div class="text"><a href="about_me.html">MY STORY</a></div>  
30 </div>  
31 </div>  
32 <div class="container">  
33 <div class="overlay">  
34     <div class="text"><a href="about_ica.html">ICA STORY</a></div>  
35 </div>  
36 </div>  
37 <div class="container">  
38 <div class="overlay">  
39     <div class="text"><a href="contact.html">CONTACT</a></div>  
40 </div>  
41 </div>  
42 <div class="container">  
43 <div class="overlay">  
44     <div class="text"><a href="gallery.html">GALLERY</a></div>  
45 </div>  
46 </div>  
47 <div class="container">  
48 <div class="overlay">  
49     <div class="text"><a href="classes.html">CLASSES</a></div>
```

ABOUT ME

Document checking completed. No errors or warnings to show.

Source

```
1 <!-->
2 Name: Stephen Olin<br>
3 Student No: 000021147<br>
4 Assignment 1: Responsive Website<br>
5 File: about_me.html<br>
6 <!-->
7 <!doctype html><br>
8 <html lang="en"><br>
9 <head><br>
10 <meta charset="UTF-8"><br>
11 <title>MY STORY</title><br>
12 <!-- Load an icon library to show a hamburger menu (bars) on small screens --><br>
13 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css"><br>
14 <link rel="stylesheet" href="css/styleSheet.css"><br>
15 <!--The following script tag downloads a font from the Adobe Edge Web Fonts server for use within the web page. We recommend that you do not modify it.--><script>var __adobewebfontsappname__="dremebeaver"/</script><script>src="http://use.edgefonts.net/actor:4/default;boogaloo:4:default.js"</script><br>
16 </head><br>
17 <!-->
18 <body><br>
19 <header> <a href="index.html"></a><br>
20 <div class="topnav" id="myTopnav"> <a href="index.html">HOME</a> <a class="current_page" href="about_me.html">MY STORY</a> <a href="about_ica.html">ICA STORY</a> <a href="contact.html">CONTACT</a> <a href="gallery.html">GALLERY</a> <a href="classes.html">CLASSES</a> <a href="workshop.html">WORKSHOPS</a> <a href="javascript:void(0);>" class="icon" onclick="myFunction()></a> <i class="fa fa-bars"></i></div><br>
21 </header><br>
22 <main><br>
23 <h1 class="title">MY STORY</h1><br>
24 <aside class="asideLeft"> </aside><br>
25 <section class="sectionRight"><br>
26 <h2>LUKE WADDELL</h2><br>
27 <h4 id="coach">Coach/Founder</h4><br>
28 <p>I'm a 20year-old personal trainer who was just sick of the same old weight training and wanted to try something new. That's how my Calisthenics journey began over one year ago. What I found when I first started was that there weren't many people teaching or educating anyone about Calisthenics or running classes on what to do or where to start. That's why I decided to put my personal training background and passion for Calisthenics together to open the IRISH CALISTHENICS ACADEMY!</p><br>
29 </section><br>
30 <script><br>
31 function myFunction() {<br>
32 var x = document.getElementById("myTopnav");<br>
33 if (x.className === "topnav") {<br>
34 x.className += " responsive";<br>
35 } else {<br>
36 x.className = "topnav";<br>
37 }<br>
38 }<br>
39 </script> <br>
40 </main><br>
41 <footer>&copy; 2018 by Irish Calisthenics Academy <a href="https://www.instagram.com/irishcalisthenicsacademy/" target="_blank"></a> <a href="https://www.youtube.com/channel/UC3htzDmnl1u5Zhcm3xQ0" target="_blank"></a> <a href="https://www.facebook.com/IrishCalisthenicsAcademy/" target="_blank"></a> <a href="sitemap.html">SITEMAP</a> <a href="disclaimer.html">DISCLAIMER</a> </footer><br>
42 </body><br>
43 </html>
```

Used the HTML parser.
Total execution time 13 milliseconds.

ABOUT ICA

Document checking completed. No errors or warnings to show.

Source

```
1 <!doctype html><br>
2 <!-->
3 Name: Stephen Olin<br>
4 Student No: 000021147<br>
5 Assignment 1: Responsive Website<br>
6 File: about_ica.html<br>
7 <!-->
8 <html lang="en"><br>
9 <head><br>
10 <meta charset="UTF-8"><br>
11 <title>ICA STORY</title><br>
12 <!-- Load an icon library to show a hamburger menu (bars) on small screens --><br>
13 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css"><br>
14 <link rel="stylesheet" href="css/styleSheet.css"><br>
15 <!--The following script tag downloads a font from the Adobe Edge Web Fonts server for use within the web page. We recommend that you do not modify it.--><script>var __adobewebfontsappname__="dremebeaver"/</script><script>src="http://use.edgefonts.net/actor:4/default;boogaloo:4:default.js"</script><br>
16 </head><br>
17 <!-->
18 <body><br>
19 <header> <a href="index.html"></a><br>
20 <div class="topnav" id="myTopnav"> <a href="index.html">HOME</a> <a href="about_me.html">MY STORY</a> <a class="current_page" href="about_ica.html">ICA STORY</a> <a href="contact.html">CONTACT</a> <a href="gallery.html">GALLERY</a> <a href="classes.html">CLASSES</a> <a href="workshop.html">WORKSHOPS</a> <a href="javascript:void(0);>" class="icon" onclick="myFunction()></a> <i class="fa fa-bars"></i></div><br>
21 </header><br>
22 <main><br>
23 <h1 class="title">ICA STORY</h1><br>
24 <div class="aboutica-bar"> </div><br>
25 <div id="about_us_container"><br>
26 <div id="about_us_content"><br>
27 <h4>PASSION FOR CALISTHENICS</h4><br>
28 <p>The Irish Calisthenics Academy was established through my passion for Calisthenics. I decided to put my knowledge and practice together to help others start their Calisthenics journey with a kickstart through the skills and techniques we have grown to master over the past two years. Join me as I continue to master the art of calisthenics teaching you the techniques I have learned along the way. </p><br>
29 <h4>WHAT IS CALISTHENICS?</h4><br>
30 <p>So what exactly is calisthenics? <br>
31 Calisthenics is resistance training using your own bodyweight. Running, Jumping, Push-up, Pull-up are all basic forms of calisthenics. It's designed to improve strength, flexibility, agility, balance, coordination, and aerobic conditioning. </p><br>
32 </div><br>
33 <div id="upcoming_events"><br>
34 <div id="upcoming_events_dates">Next Workshop:<br>
35 Human Flag - 9.12.2018</div><br>
36 The Human Flag is one of the most difficult upper body exercises to do without strong arm, shoulder, back, and core muscles, it is nearly impossible. But the challenge of the pose is also what makes it satisfying. With strength training and practice, completing a human flag is attainable.<br>
37 <div id="upcoming_events_link"><a href="workshop.html">More Workshops</a></div><br>
38 </div><br>
39 </div><br>
40 <script><br>
41 function myFunction() {<br>
42 var x = document.getElementById("myTopnav");<br>
43 if (x.className === "topnav") {<br>
44 x.className += " responsive";<br>
45 } else {<br>
46 x.className = "topnav";<br>
47 }<br>
48 }<br>
49 </script> <br>
50 </main><br>
51 <footer>&copy; 2018 by Irish Calisthenics Academy <a href="https://www.instagram.com/irishcalisthenicsacademy/" target="_blank"></a> <a href="https://www.youtube.com/channel/UC3htzDmnl1u5Zhcm3xQ0" target="_blank"></a> <a href="https://www.facebook.com/IrishCalisthenicsAcademy/">
```

GALLERY

Document checking completed. No errors or warnings to show.

Image report

The img elements of the page are shown below categorized by their type of textual alternative. Please review that the images in each group match that group's definition.

Images with textual alternative

The following images have textual alternatives. Please review that the textual alternatives make sense considering the purpose of the image in the context of the page and that phrases like "Image of ..." are avoided.

Note that iconic images that are redundant with text next to them or purely decorative should have alt="" instead.

Image	Textual alternative	Location
Not resolvable	Irish Calisthenics Academy Logo	From line 18, column 31 to line 18, column 96
Not resolvable	Person preforming a handstand against a wall	From line 23, column 35 to line 23, column 134
Not resolvable	People using Gym Ropes	From line 23, column 136 to line 23, column 209
Not resolvable	Person attempting a Dead-lift	From line 23, column 211 to line 23, column 294
Not resolvable	Person on Pull-Up Bar	From line 23, column 256 to line 23, column 370
Not resolvable	Person holding Gym Rings	From line 23, column 372 to line 23, column 447
Not resolvable	Person on bar preforming dips	From line 23, column 449 to line 23, column 536
Not resolvable	instagram icon	From line 58, column 129 to line 58, column 198
Not resolvable	youtube icon	From line 58, column 287 to line 58, column 351
Not resolvable	facebook icon	From line 58, column 434 to line 58, column 500

Source

```
1 <!doctype html>-
2 <!--
3 Name: Stephen Olin<-
4 Student No: B00021147<-
5 Assignment 1: Responsive Website<-
6 File: gallery.html<-
7 >-
8 <html lang="en">-
9 <head>-
10 <meta charset="UTF-8">-
11 <title>GALLERY</title>-
12 <!-- Load an icon library to show a hamburger menu (bars) on small screens -->-
13 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">-
14 <link rel="stylesheet" href="css/stylesheets.css">-
15 <!-- The following script tag downloads a font from the Adobe Edge Web Fonts server for use within the web page. We recommend that you do not modify it.--><script>var __adobewebfontsappname__="dreamweaver";</script>
<script src="http://use.edgefonts.net/actor:n4:default;poogaloo:n4:default.js"></script>-
16 </head>-
17 <body>-
18 <header>-
19 <div class="topnav" id="myTopnav"><a href="#">HOME</a> <a href="#">about_me.html</a> <a href="#">MY STORY</a> <a href="#">about_ica.html</a> <a href="#">ICA STORY</a> <a href="#">CONTACT</a> <a class="current_page" href="#">gallery.html</a> <a href="#">GALLERY</a> <a href="#">classes.html</a> <a href="#">workshop.html</a> <a href="#">WORKSHOPS</a> <a href="javascript:void(0);"><img class="icon" onclick="myFunction()"><i class="fa fa-bars"></i> MENU</a>-
20 </header>-
21 <main>-
22 <h1 class="title">GALLERY</h1>-
23 <div class="gallery" style="background-color: #f2f2f2; padding: 10px; margin-bottom: 10px; position: relative; height: 300px; width: 100%;>-
24 -
25 -
26 -
27 -
28 -
29 -
30 -
31 -
32 -
33 </div>-
34 <!-- Script for responsive nav bar -->
```

CONTACT

Document checking completed. No errors or warnings to show.

Image report

The `img` elements of the page are shown below categorized by their type of textual alternative. Please review that the images in each group match that group's definition.

Images with textual alternative

The following images have textual alternatives. Please review that the textual alternatives make sense considering the purpose of the image in the context of the page and that phrases like "Image of ..." are avoided. Note that iconic images that are redundant with text next to them or purely decorative should have `alt=""` instead.

Image	Textual alternative	Location
Not resolvable	Irish Calisthenics Academy Logo	From line 19, column 31 to line 19, column 96
Not resolvable	Instagram icon	From line 57, column 129 to line 57, column 198
Not resolvable	YouTube icon	From line 57, column 287 to line 57, column 351
Not resolvable	Facebook icon	From line 57, column 434 to line 57, column 500

Source

```
1 <!doctype html>-
2 <!--
3 Name: Stephen Olin<-
4 Student No: B00821147<-
5 Alignment i: Responsive Website<-
6 File: contact.html<-
7 -->-
8 <html lang="en">-
9 <head>-
10 <meta charset="UTF-8">-
11 <title>CONTACT</title>-
12 <!-- Load an icon library to show a hamburger menu (bars) on small screens -->-
13 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">-
14 <link rel="stylesheet" href="css/styleSheet.css">-
15 <!-- The following script tag downloads a font from the Adobe Edge Web Fonts server for use within the web page. We recommend that you do not modify it.--><script>var __adobewebfontsappname__="dreamweaver"/</script><script src="https://use.edgefonts.net/actor:n4:default;boogaloo:n4:default.js">/</script>-
16 </head>-
17 <body>-
18 <header>-
19 <a href="index.html">/<a>-
20 <div class="copnav"><a href="index.html">HOME</a> <a href="about_me.html">MY STORY</a> <a href="about_ica.html">ICA STORY</a> <a class="current_page" href="contact.html">CONTACT</a> <a href="gallery.html">GALLERY</a> <a href="classes.html">CLASSES</a> <a href="workshop.html">WORKSHOPS</a> <a href="javascript:void(0);>" class="icon" onclick="myFunction()> <i class="fa fa-bars">/<i></a> </div>-
21 <main>-
22 <div id="map">-
23 <iframe src="https://www.google.com/maps/embed?pb=1m14!1m8!1m3!1d2378.690143856247!2d-6.352931431053.402482513m!1i11024!2i768!4f0!3m2!1s0e0fb0e50a7340b0bb36fb94c99d2812sPartisan+Martial+Arts+And+Fitness+Academy!5e0!3m2!1sen!2sie!4v1546917637820" width="600" height="450" style="border:0">-
24 </div>-
25 <div id="contact_us">-
26 <h2>Contact Us...</h2>-
27 <h3 id="irishcalisthenicsacademy">Irish Calisthenics Academy</h3>-
28 <p>Spartan Academy, Cnr<-
29 <ul>-
30 <li>Gateway 4, Gta<-
31 <li>Business Park</li>-

```

CLASSES

Document checking completed. No errors or warnings to show.

Image report
The img elements of the page are shown below categorized by their type of textual alternative. Please review that the images in each group match that group's definition.

Images with textual alternative

The following images have textual alternatives. Please review that the textual alternatives make sense considering the purpose of the image in the context of the page and that phrases like "Image of ..." are avoided.
Note that iconic images that are redundant with text next to them or purely decorative should have alt="" instead.

Image	Textual alternative	Location
Not resolvable	Irish Calisthenics Academy Logo	From line 19, column 31 to line 19, column 96
Not resolvable	Instagram icon	From line 83, column 206 to line 83, column 275
Not resolvable	youtube icon	From line 83, column 364 to line 83, column 428
Not resolvable	facebook icon	From line 83, column 511 to line 83, column 577

Source

```
1 <!doctype html>-
2 <!--
3 Name: Stephen Olin<-
4 Student No: 800021147<-
5 Assignment 1: Responsive Website<-
6 File: classes.html<-
7 <-
8 <html lang="en">-
9 <head>-
10 <meta charset="UTF-8">-
11 <title>CLASSES</title>-
12 <!-- Load an icon library to show a hamburger menu (bars) on small screens -->-
13 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">-
14 <link rel="stylesheet" href="css/styleSheet.css">-
15 <!--The following script tag downloads a font from the Adobe Edge Web Fonts server for use within the web page. We recommend that you do not modify it.--><script>var __adobewebfontsappname__="dreamweaver"</script><script>
src="http://use.edgefonts.net/actor:4/default;boogaloos:4/default.js"</script>-
16 </head>-
17 <-
18 <body>-
19 <header> <a href="index.html"></a>-
20 <div class="topnav" id="myTopnav">-
21 <a href="index.html">HOME</a>-
22 <a href="#about_me.html">MY STORY</a>-
23 <a href="#contact.html">CONTACT</a>-
24 <a href="gallery.html">GALLERY</a>-
25 <a class="current_page" href="classes.html" >CLASSES</a>-
26 <a href="workshop.html">WORKSHOPS</a>-
27 <a href="#">javascript:void(0);</a>-
28 <a href="#">javascript:void(0);</a>-
29 <i class="fa fa-bars"></i></a>-
30 </div>-
31 </header>-
32 <main>-
33 <h1 class="title">CLASSES</h1>-
34 <p class="paragraph">Our classes are suitable for all fitness levels from beginners to advanced as we cover the most basics exercises and movements of Calisthenics to the more advanced. The classes are 1 hour long and drop in is available. (Minimum age required is 13 years old.)</p>-
35 <table>-
36 <tr>-
37 <th>CLASSES</th>-
38 <th>INFO</th>-

```

WORKSHOP

Document checking completed. No errors or warnings to show.

Image report
The img elements of the page are shown below categorized by their type of textual alternative. Please review that the images in each group match that group's definition.

Images with textual alternative

The following images have textual alternatives. Please review that the textual alternatives make sense considering the purpose of the image in the context of the page and that phrases like "Image of ..." are avoided.
Note that iconic images that are redundant with text next to them or purely decorative should have alt="" instead.

Image	Textual alternative	Location
Not resolvable	Irish Calisthenics Academy Logo	From line 22, column 31 to line 22, column 96
Not resolvable	Instagram icon	From line 57, column 129 to line 57, column 198
Not resolvable	youtube icon	From line 57, column 287 to line 57, column 351
Not resolvable	facebook icon	From line 57, column 434 to line 57, column 500

Source

```
1 <!doctype html>-
2 <!--
3 Name: Stephen Olin<-
4 Student No: 800021147<-
5 Assignment 1: Responsive Website<-
6 File: workshop.html<-
7 <-
8 <html lang="en">-
9 <head>-
10 <meta charset="UTF-8">-
11 <meta http-equiv="X-UA-Compatible" content="IE=edge">-
12 <meta name="viewport" content="width=device-width, initial-scale=1.0">-
13 <title>WORKSHOPS</title>-
14 <link rel="stylesheet" href="css/styleSheet.css">-
15 <!-- Load an icon library to show a hamburger menu (bars) on small screens -->-
16 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">-
17 <link rel="stylesheet" href="css/bootstrap-4.0.0.css" rel="stylesheet" type="text/css">-
18 <!--The following script tag downloads a font from the Adobe Edge Web Fonts server for use within the web page. We recommend that you do not modify it.--><script>var __adobewebfontsappname__="dreamweaver"</script><script>
src="http://use.edgefonts.net/actor:4/default;boogaloos:4/default.js"</script>-
19 </head>-
20 <-
21 <body>-
22 <header> <a href="index.html"></a>-
23 <div class="topnav" id="myTopnav"> <a href="index.html">HOME</a> <a href="#about_me.html">MY STORY</a> <a href="#contact.html">CONTACT</a> <a href="gallery.html">GALLERY</a> <a href="classes.html" >CLASSES</a> <a href="workshop.html">WORKSHOPS</a> <a href="#">javascript:void(0);</a>-
24 </header>-
25 <main>-
26 <h1 class="title">WORKSHOPS</h1>-
27 <p class="paragraph">Introduction to Calisthenics work-shops is designed to teach the basics of Calisthenics to people of all ages and fitness levels. Whether it be your gym, work-place or school.</p>-
28 <div class="videowrapper">-
29 <iframe width="560" height="315" src="https://www.youtube.com/embed/czFGc4iadwU" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>-
30 </div>-
31 <div class="mucle-ups">-
32 <img alt="Muscle-up icon" />-
33 <p>The muscle-up is an advanced CrossFit and gymnastic move. When performed correctly, the muscle-up works your entire upper body. Muscle-ups are a great way to build muscle and advance your training. You can perform a muscle-up on the bar or the rings, but either way, it may take a few tries before you master the technique. </p>-
34 <div style="text-align: center;">-
35 <img alt="YouTube video thumbnail" />-

```

SITEMAP

Document checking completed. No errors or warnings to show.

Image report

The `img` elements of the page are shown below categorized by their type of textual alternative. Please review that the images in each group match that group's definition.

Images with textual alternative

The following images have textual alternatives. Please review that the textual alternatives make sense considering the purpose of the image in the context of the page and that phrases like "Image of ..." are avoided. Note that iconic images that are redundant with text next to them or purely decorative should have `alt=""` instead.

Image	Textual alternative	Location
Not resolvable	Irish Calisthenics Academy Logo	From line 18, column 31 to line 18, column 96
Not resolvable	Instagram icon	From line 45, column 129 to line 45, column 198
Not resolvable	youtube icon	From line 45, column 287 to line 45, column 351
Not resolvable	facebook icon	From line 45, column 434 to line 45, column 500

Source

```
<!DOCTYPE html>-
<!--
3. Name: Stephen Olin-
4. Student No: 000021147-
5. Assignment 1: Responsive Website-
6. File: sitemap.html-
7.-->
<html lang="en">
<head>
10 <meta charset="UTF-8">-
11 <title>SITEMAP</title>-
12 <!-- Load an icon library to show a hamburger menu (bars) on small screens -->-
13 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">-
14 <link rel="stylesheet" href="css/styleSheet.css">-
15 <!-- The following script tag downloads a font from the Adobe Edge Web Fonts server for use within the web page. We recommend that you do not modify it.--><script>var __adobewebfontsappname__="dreamweaver"</script><script>
16 </head>
17 <body>
18 <header> <a href="index.html"></a>-
19 <div class="topnav" id="myTopnav"> <a href="index.html">HOME</a> <a href="about_me.html">MY STORY</a> <a href="about_ica.html">ICA STORY</a> <a href="contact.html">CONTACT</a> <a href="gallery.html">GALLERY</a> <a href="classes.html" >CLASSES</a> <a href="workshop.html">WORKSHOPS</a> <a href="javascript:void(0);>" class="icon" onclick="myFunction()> <i class="fa fa-bars"></i></a> </div>-
20 </header>-
21 <main>-
22 <h1 class="title">SITEMAP</h1>-
23 <ul id="sitemap_content">-
24 <li><a href="index.html">HOME</a></li>-
25 <li><a href="about_me.html">MY STORY</a></li>-
26 <li><a href="about_ica.html">ICA STORY</a></li>-
27 <li><a href="contact.html">CONTACT</a></li>-
28 <li><a href="gallery.html">GALLERY</a></li>-
29 <li><a href="classes.html">CLASSES</a></li>-
30 <li><a href="workshop.html">WORKSHOPS</a></li>-
31 <li><a href="sitemap.html">SITEMAP</a></li>-
32 <li><a href="disclaimer.html">DISCLAIMER</a></li>-
33 </ul>-
34 </script>-
35 function myFunction() {-
36 var x = document.getElementById("myTopnav");-
37 if (x.className === "topnav") {-
38 x.className += " responsive";-
```

DISCLAIMER

Document checking completed. No errors or warnings to show.

Image report

The `img` elements of the page are shown below categorized by their type of textual alternative. Please review that the images in each group match that group's definition.

Images with textual alternative

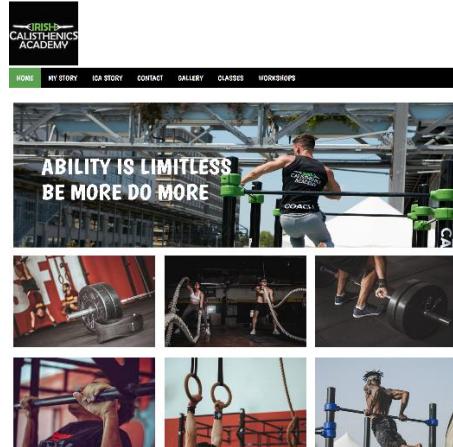
The following images have textual alternatives. Please review that the textual alternatives make sense considering the purpose of the image in the context of the page and that phrases like "Image of ..." are avoided. Note that iconic images that are redundant with text next to them or purely decorative should have `alt=""` instead.

Image	Textual alternative	Location
Not resolvable	Irish Calisthenics Academy Logo	From line 19, column 31 to line 19, column 96
Not resolvable	Instagram icon	From line 53, column 129 to line 53, column 198
Not resolvable	youtube icon	From line 53, column 287 to line 53, column 351
Not resolvable	facebook icon	From line 53, column 434 to line 53, column 500

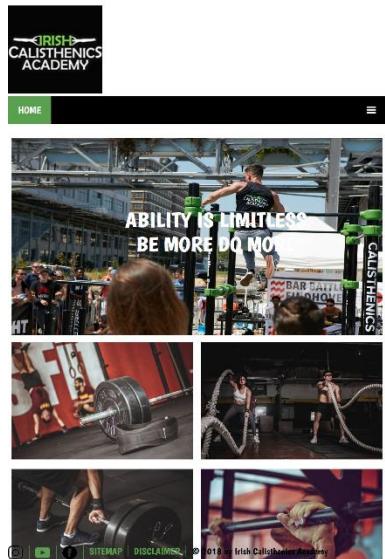
Source

```
<!DOCTYPE html>-
<!--
3. Name: Stephen Olin-
4. Student No: 000021147-
5. Assignment 1: Responsive Website-
6. File: disclaimer.html-
7.-->
<html lang="en">
<head>
10 <meta charset="UTF-8">-
11 <title>DISCLAIMER</title>-
12 <link rel="stylesheet" href="css/styleSheet.css">-
13 <!-- Load an icon library to show a hamburger menu (bars) on small screens -->-
14 <link rel="stylesheet" href="https://cdnjs.cloudflare.com/ajax/libs/font-awesome/4.7.0/css/font-awesome.min.css">-
15 <!-- The following script tag downloads a font from the Adobe Edge Web Fonts server for use within the web page. We recommend that you do not modify it.--><script>var __adobewebfontsappname__="dreamweaver"</script><script>
16 </head>-
17 <body>-
18 <header> <a href="index.html"></a>-
19 <div class="topnav" id="myTopnav"> <a href="index.html">HOME</a> <a href="about_me.html">MY STORY</a> <a href="about_ica.html">ICA STORY</a> <a href="contact.html">CONTACT</a> <a href="gallery.html">GALLERY</a> <a href="classes.html" >CLASSES</a> <a href="workshop.html">WORKSHOPS</a> <a href="javascript:void(0);>" class="icon" onclick="myFunction()> <i class="fa fa-bars"></i></a> </div>-
20 </header>-
21 <main>-
22 <h1 class="title">Disclaimer</h1>-
23 <p>This is a generated disclaimer generated by https://disclaimergenerator.net...</p>-
24 <div>-
25 <p>If you require any more information or have any questions about our site's disclaimer, please feel free to contact us by email at <a href="mailto:b00021147@student.itb.ie">info@irishcalisthenicsacademy.ie</a>-
26 </p>-
27 <p>All the information on this website is published in good faith and for general information purpose only. -
28 Irish Calisthenics Academy does not make any warranties about the completeness, reliability and accuracy of this information. -
29 Any action you take upon the information you find on this website (Irish Calisthenics Academy), is strictly at your own risk. -
30 Irish Calisthenics Academy will not be liable for any losses and/or damages in connection with the use of our website. </p>-
31 <p>From our website, you can visit other websites by following hyperlinks to such external sites. -
32 While we strive to provide only quality links to useful and ethical websites, we have no control over the content and nature of these sites. -
33 These links to other websites do not imply a recommendation for all the content found on these sites. -
34 Site linking and broken links may occur before we have the opportunity to remove a link which may have gone &apos;bad&apos;. </p>-
35 Please be also aware that when you leave our website, other sites may have different privacy policies and terms which are beyond our control. -
36 Please be sure to check the Privacy Policies of these sites as well as their "Terms of Service" before engaging in any business or uploading any information. </p>-
37 <h3 id="consent">Consent</h3>-
```

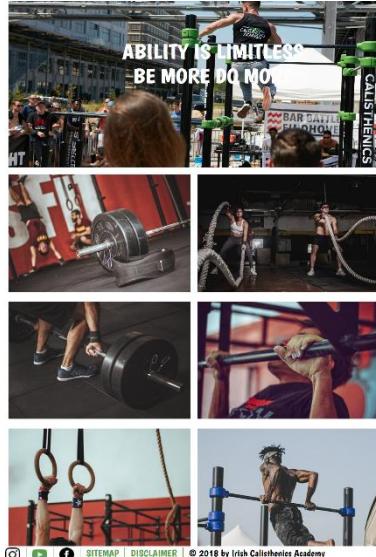
Index Desktop Viewpoint



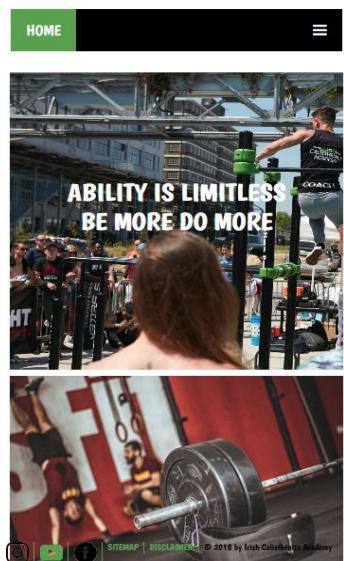
Index Nexus 7(tablet) Viewpoint



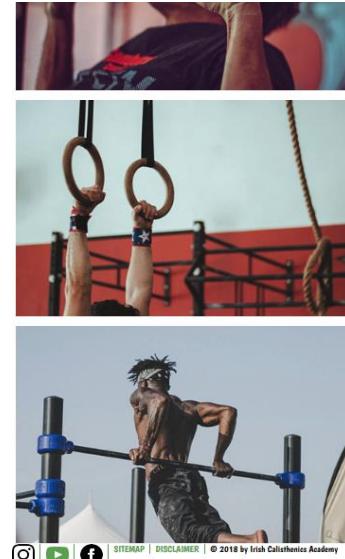
Index Nexus 7(tablet) Viewpoint Continued...



Galaxy S5(mobile) Viewpoint



Galaxy S5 (mobile) Viewpoint Continued...



My Story Desktop Viewpoint

LUKE HAND
Coach/Founder

I'm a 26year-old personal trainer who was just sick of the same old weight training and wanted to try something new. That's how my Calisthenics journey began over one year ago. What I found when I first started was that there weren't many people teaching or educating anyone about Calisthenics or running classes on what to do or where to start. That's why I decided to put my personal training background and passion for Calisthenics together to open the IRISH CALISTHENICS ACADEMY

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My Story Nexus 7(tablet) Viewpoint

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My Story Galaxy S5 (mobile) Viewpoint Cont...



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ICA Story Desktop Viewpoint

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ICA Story Desktop Viewpoint Continued...



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WHAT IS CALISTHENICS

So what exactly is calisthenics? Calisthenics is resistance training using your own bodyweight. Running, Jumping, Push-up, Pull-up are all basic forms of calisthenics. It's designed to improve strength, flexibility, agility, balance, coordination, and aerobic conditioning.

[Next Workshop: Human Flag - 9.12.2018](#)

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The human flag is one of the most difficult upper body exercises to do—without strong arm, shoulder, back, and core muscles, it is nearly impossible. But the challenge of the pose is also what makes it satisfying. With strength training and practice, completing a human flag is attainable.

[More Workshops](#)

ICA Story Nexus 7(tablet) Viewpoint



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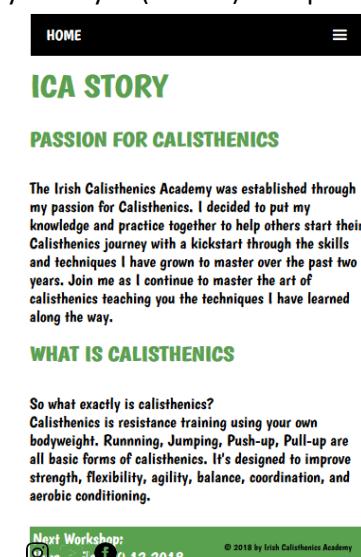
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[More Workshops](#)

ICA Story Galaxy S5(mobile) Viewpoint



ICA STORY

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Gallery Desktop Viewpoint



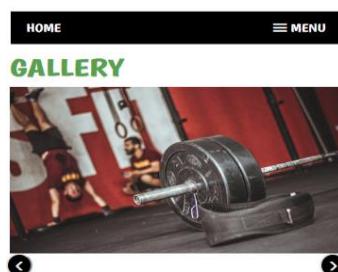
Gallery Desktop Viewpoint Continued...



Gallery Nexus 7(tablet) Viewpoint



Gallery Galaxy S5(mobile) Viewpoint



Contact Us Desktop Viewpoint

Contact Us...

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T (01) 820 0030

Name*
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Subject
Comment

Submit

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Classes Desktop Viewpoint

The screenshot shows the desktop view of the website. At the top is a black navigation bar with white text: HOME, MY STORY, ICA STORY, CONTACT, GALLERY, CLASSES (which is highlighted in green), and WORKSHOPS. Below the navigation bar is the main content area. In the top left corner of the content area is the 'IRISH CALISTHENICS ACADEMY' logo, which features a stylized figure and the text 'IRISH CALISTHENICS ACADEMY'. The main heading 'CLASSES' is in bold green capital letters. Below it is a small paragraph of text. To the right of the text is a table showing class schedules.

CLASSES

Our classes are suitable for all fitness levels from beginners to advanced as we cover the most basics exercises and movements of Calisthenics to the more advanced. The classes are 1 hour long and drop in is available. (Minimum age required is 13 years old.)

CLASS	DAY	TIME
Beginner	MON - FRI	8:00 AM
Intermediate	MON - FRI	8:00 PM
Advanced	MON - FRI	9:00 PM
Strength and Conditioning	TUESDAY	10:00 AM
Movement and Mobility	WEDNESDAY	7:00 PM
Freestyle Training	SATURDAY	7:00 PM

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Classes Nexus 7(tablet) Viewpoint

The screenshot shows the classes page on a Nexus 7 tablet. The layout is similar to the desktop version, with the 'IRISH CALISTHENICS ACADEMY' logo in the top left, the 'CLASSES' section in the center, and the class schedule table below it. The table has columns for 'CLASS', 'DAY', and 'TIME'.

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Classes Galaxy S5(mobile) Viewpoint

The screenshot shows the classes page on a Samsung Galaxy S5. The design is consistent with the other devices, featuring the logo, the 'CLASSES' section, and the class schedule table. The table structure is identical to the desktop and tablet versions.

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Workshop Desktop Viewpoint

WORKSHOPS

Our Introduction to Calisthenics work-shops is designed to teach the basics of Calisthenics to people of all ages and fitness levels. Whether it be your gym, work-place or school.

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Workshop Desktop Viewpoint Continued...

MUSCLE-UPS

The muscle-up is an advanced CrossFit and gymnastic move. When performed correctly, the muscle-up works your entire upper body. Muscle-ups are a great way to build muscle and advance your training. You can perform a muscle-up on the bar or the rings, but either way, it may take a few tries before you master the technique.

HANDSTAND

The front handstand only takes a few seconds to execute, but it requires many hours of practice to get it right. Before you try a front handstand, you should be comfortable doing a handstand and front walkover, and it is required that you have a strong upper body. You should have some experience in gymnastics and a soft surface for practice!

HUMAN-FLAG

The human flag is one of the most difficult upper body exercises to do—without strong arm, shoulder, back, and core muscles, it is nearly impossible. But the challenge of the pose is also what makes it satisfying. With strength training and practice, completing a human flag is attainable.

Workshop Nexus 7(tablet) Viewpoint

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Workshop Nexus 7(tablet) Viewpoint Continued

Handstand Balance Practice

Engaging hollow

HUMAN-FLAG

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HOW TO HUMAN FLAG | THENX Watch later Share

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Workshop Galaxy S5(mobile) Viewpoint

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GET TO KNOW ME / IRIS... Watch later Share

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Workshop Galaxy S5 (mobile) Viewpoint Cont...

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Sitemap Desktop Viewpoint



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Sitemap Nexus 7(tablet) Viewpoint



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Sitemap Galaxy S5(mobile) Viewpoint



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Disclaimer Desktop Viewpoint



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Disclaimer Nexus 7(tablet) Viewpoint



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Disclaimer Galaxy S5(mobile) Viewpoint Cont..

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