**HTML CODE**   
<!DOCTYPE html>

<html lang="en">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Log Your Workouts</title>

<link rel="stylesheet" href="fitstyle.css">

</head>

<body>

<header>

<h1>Fitness Tracker</h1>

<nav>

<ul>

<li><a href="index.html">Home</a></li>

<li><a href="goals.html">Goals</a></li>

<li><a href="#workouts">Workouts</a></li>

<li><a href="progress.html">Progress</a></li>

</ul>

</nav>

</header>

<main>

<section id="workouts" class="workout-section">

<div class="workout-overlay">

<h2>Log Your Workouts</h2>

<p>Keep track of your workouts by logging them here.</p>

<button id="cardioBtn">Cardio</button>

<button id="weightTrainingBtn">Weight Training</button>

</div>

</section>

<!-- Modal for cardio exercises -->

<div id="cardioModal" class="modal">

<div class="modal-content">

<span class="close">&times;</span>

<h2>Cardio Exercises</h2>

<section class="exercise">

<img src="running landscape.jpg" alt="Running">

<div class="exercise-description">Running</div>

</section>

<section class="exercise">

<img src="cycling landscape.jpg" alt="Cycling">

<div class="exercise-description">Cycling</div>

</section>

<section class="exercise">

<img src="jumping rope landscape.jpgS" alt="Jump Rope">

<div class="exercise-description">Jump Rope</div>

</section>

<!-- Add more cardio exercises as needed -->

</div>

</div>

<!-- Modal for weight training exercises -->

<div id="weightTrainingModal" class="modal">

<div class="modal-content">

<span class="close">&times;</span>

<h2>Weight Training Exercises</h2>

<section class="exercise">

<img src="dumbbell curl.jpg" alt="Dumbbell Curl">

<div class="exercise-description">Dumbbell Curl</div>

</section>

<section class="exercise">

<img src="benchpress.jpg" alt="Bench Press">

<div class="exercise-description">Bench Press</div>

</section>

<section class="exercise">

<img src="squat.jpg" alt="Squat">

<div class="exercise-description">Squat</div>

</section>

<!-- Add more weight training exercises as needed -->

</div>

</div>

</main>

<footer>

<p>&copy; 2023 Fitness Tracker</p>

</footer>

<script src="workout.js"></script> <!-- Include JavaScript file -->

</body>

</html>

**CSS CODE**

body {

font-family: Arial, sans-serif;

margin: 0;

padding: 0;

background-color: #f8f8f8;

}

header {

background-color: #333;

color: #fff;

padding: 20px;

}

h1 {

margin: 0;

}

nav ul {

list-style-type: none;

padding: 0;

}

nav ul li {

display: inline;

margin-right: 20px;

}

nav ul li a {

color: #fff;

text-decoration: none;

}

main {

padding: 20px;

text-align: center;

}

section {

background-image: url('backgym.jpg'); /\* Replace 'your-background-image.jpg' with the path to your background image \*/

background-size: cover;

background-position: center;

color: white; /\* Set text color to white for better contrast \*/

padding: 100px;

margin-bottom: 300px;

border-radius: 5px;

box-shadow: 0 0 10px rgba(241, 10, 226, 0.793);

}

h2 {

color: #fb0303;

}

p {

color: #fcf9f9;

}

.workout-section {

position: relative;

}

.workout-overlay {

position: absolute;

top: 50%;

left: 50%;

transform: translate(-50%, -50%);

}

.modal {

display: none;

position: fixed;

z-index: 1;

left: 0;

top: 0;

width: 100%;

height: 100%;

overflow: auto;

background-color: rgba(0, 0, 0, 0.5);

}

.modal-content {

background-color: #fefcfa;

margin: 20% auto;

padding: 20px;

border: 1px solid #f79204;

width: 80%;

}

.modal-content .exercise {

display: flex;

align-items: center;

}

.modal-content .exercise img {

width: 150px; /\* Set the width to your desired size \*/

height: auto; /\* Maintain aspect ratio \*/

margin-right: 10px; /\* Add some spacing between the image and text \*/

padding-bottom: 10px;

}

.modal-content .exercise-description {

flex-grow: 1; /\* Allow the description to fill the available space \*/

}

.close {

color: #aaa;

float: right;

font-size: 28px;

font-weight: bold;

}

.close:hover,

.close:focus {

color: black;

text-decoration: none;

cursor: pointer;

}

ul {

list-style: none;

}

ul li {

margin-bottom: 10px;

}

ul li img {

width: 50px;

height: 50px;

margin-right: 10px;

}

footer {

background-color: #ff53ac;

color: #fff;

text-align: center;

padding: 10px;

}  
  
**JAVASCRIPT**

// Get the modal for cardio exercises

var cardioModal = document.getElementById('cardioModal');

// Get the button that opens the modal for cardio exercises

var cardioBtn = document.getElementById("cardioBtn");

// Get the <span> element that closes the modal for cardio exercises

var cardioSpan = document.getElementsByClassName("close")[0];

// When the user clicks the cardio button, open the modal

cardioBtn.onclick = function() {

cardioModal.style.display = "block";

}

// When the user clicks on <span> (x), close the modal for cardio exercises

cardioSpan.onclick = function() {

cardioModal.style.display = "none";

}

// Get the modal for weight training exercises

var weightTrainingModal = document.getElementById('weightTrainingModal');

// Get the button that opens the modal for weight training exercises

var weightTrainingBtn = document.getElementById("weightTrainingBtn");

// Get the <span> element that closes the modal for weight training exercises

var weightTrainingSpan = document.getElementsByClassName("close")[1];

// When the user clicks the weight training button, open the modal

weightTrainingBtn.onclick = function() {

weightTrainingModal.style.display = "block";

}

// When the user clicks on <span> (x), close the modal for weight training exercises

weightTrainingSpan.onclick = function() {

weightTrainingModal.style.display = "none";

}

// When the user clicks anywhere outside of the modal, close the modal

window.onclick = function(event) {

if (event.target == cardioModal) {

cardioModal.style.display = "none";

}

if (event.target == weightTrainingModal) {

weightTrainingModal.style.display = "none";

}

}