

FITNESS

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INTRODUCTION

The given HTML, CSS, and JavaScript code represents a FITFLEX Web Application that allows users . The project uses HTML for structure, CSS for styling, and JavaScript for interactivity (if needed in future development).

The primary goal of this application is to provide users with an easy-to-navigate interface to view and manage. The design follows a structured format with a home.

LANGUAGE USED

1. HTML (Hyper Text Markup Language)

HTML is used to create the structure of the web pages. It defines elements such as headings, paragraphs, images, lists, links, and buttons. In this project, multiple HTML files are used to organize different recipe categories and pages.

2. CSS (Cascading Style Sheets)

CSS is used to style the website and enhance the user experience. It controls the layout, colours, fonts, and responsive behaviour of the pages. This project uses external CSS (style.css) to maintain consistency across different pages.

OVERVIEW ABOUT FITFLEX PROJECT

FITFLEX is a revolutionary fitness app designed to transform your workout experience. It offers an intuitive interface, dynamic search, and a vast library of exercises for all fitness levels. Join FITFLEX to embark on a personalized fitness journey and achieve your wellness goals of our well being.

SAMPLE CODING (Project Overview)

SEARCH.HTML

```
<!DOCTYPE html>

<html lang="en">

<head>

  <meta charset="UTF-8">

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

  <title>FITNESS - Band Bench Press</title>

  <link rel="stylesheet" href="./5page.css">

</head>

<body>

  <header>

    <div class="logo">FITNESS</div>

    <nav>

      <ul>

        <li><a href="./fit.html">Home</a></li>
```

`About`

`Search`

``

`</nav>`

`</header>`

`<div class="main">`

`<div class="con">`

`<video height="150" width="150" controls autoplay loop muted>`

`<source src="./gif1.mp4">`

`</video>`

`</div>`

`<div class="con">`

`<video height="150" width="150" controls autoplay loop muted>`

`<source src="./gif2.mp4">`

`</video>`

`</div>`

`<div class="con">`

<video height="150" width="150" controls autoplay loop muted>

<source src="./gif3.mp4">

</video>

</div>

<div class="con">

<video height="150" width="150" controls autoplay loop muted>

<source src="./gif4.mp4">

</video>

</div>

</div>

<div class="container">

<div class="on">

<video height="150" width="150" controls autoplay loop muted>

<source src="./gif5.mp4">

</video>

</div>

<div class="on">

<video height="150" width="150" controls autoplay loop muted>

<source src="./gif6.mp4">

```
        </video>
    </div>
<div class="on">
    <video height="150" width="150" controls autoplay loop muted>
        <source src="./gif7.mp4">
    </video>
</div>
<div class="on">
    <video height="150" width="150" controls autoplay loop muted>
        <source src="./gif8.mp4">
    </video>
</div>
</div>
</body>
</html>
```

SEARCH.CSS

```
body { font-family: Arial, sansserif;
margin: 0; padding: 0;
background-colour: #f4f4f4;

}
```

```
/* Header */ header { display: flex;
justify-content: space-between;
align-items : center; background-
colour: black; padding: 15px 30px;
colour: white;
}
```

```
.logo { font-size: 24px;
font-weight:
bold;
}
```

```
nav ul { list-style:
none; display: flex;
gap: 20px; margin:
0; padding: 0;
}
```

```
nav ul li { display:
inline;
```

```
} nav ul li a { color:
white; text-
decoration: none;
font-weight: bold;
}
```

```
.main{ display:
flex; margin-
top: 10px;
margin-left: 20px;

}
```

```
.con {
height:200px;
width:200px;
background colour :
black; margin-left:
10px;

}
```

```
.container{ display:
flex; margin-top:
```

10px; margin-left:

20px;

}

.on{ height: 200px;; width:200px;

background-colour : black; margin-

left:10px ;

}

Video { margin-top:20px;

margin-left: 25px;

}

SAMPLE SCREENSHOT (structure of our project)



SB Fitzz

HomeAboutSearch

category: **chest**

archer push up

pectorals triceps shoulders

assisted chest dip (kneeling)

pectorals triceps shoulders

assisted seated pectoralis major stretch with stability ball

pectorals shoulders triceps

assisted wide-grip chest dip (kneeling)

pectorals triceps shoulders

FITNESS PROJECT DEMO VIDEO LINK

https://drive.google.com/file/d/1rZx303ZgyH49ZI769P7c5dj_60VsJsqd/view?usp=drivesdk

CONCLUSION

The FITNESS Web Application is a well-structured project that provides a user-friendly experience for browsing and viewing recipes. The use of HTML, CSS, and JavaScript (for future development) allows for a scalable and responsive design.

THANK YOU!