

```
index.html x  JS  workout.js  package-lock.json
index.html > html > body > div.container.mt-5
1  <!DOCTYPE html>
2  <html lang="en">
3  <head>
4      <meta charset="UTF-8">
5      <meta name="viewport" content="width=device-width, initial-scale=1.0">
6      <title>Empower Your Limits: The Ultimate Fitness Voyage with VitalPeak Dynamics</title>
7      <link rel="stylesheet" href="node_modules/bootstrap/dist/css/bootstrap.min.css">
8  </head>
9  <body>
10
11
12
13  <div class="container mt-5">
14      <!-- Content Section -->
15      <div class="content-section">
16          <h1>Empower Your Limits: The Ultimate Fitness Voyage with VitalPeak Dynamics</h1>
17          <!-- Add your content here -->
18      </div>
19
20      <!-- Table Section -->
21      <table class="table table-bordered mt-5" id="fitnessTable">
22          <thead>
23              <tr>
24                  <th>Name</th>
25                  <th>Age</th>
26                  <th>Workout Type</th>
27                  <th>Actions</th>
28              </tr>
29          </thead>
30          <tbody>
31              <!-- Table rows will be added here -->
32          </tbody>
33      </table>
34
35      <!-- Form Section -->
36      <form id="addRowForm">
37          <div class="form-group">
38              <label for="nameInput">Name</label>
39              <input type="text" class="form-control" id="nameInput">
40          </div>
41          <div class="form-group">
42              <label for="ageInput">Age</label>
43              <input type="number" class="form-control" id="ageInput">
44          </div>
45          <div class="form-group">
46              <label for="workoutInput">Workout Type</label>
47              <input type="text" class="form-control" id="workoutInput">
48          </div>
49      </form>
50  </div>
51  </body>
52  </html>
```

Empower Your Limits: The Ultimate Fitness Voyage with VitalPeak Dynamics

Name	Age	Workout Type	Actions
Chris	28	Cardio	<button>Delete</button>
Mary	23	Pilates	<button>Delete</button>
Andrea	43	Weights	<button>Delete</button>

Name

Age

Workout Type

Submit