**Fitness Heaven**

**Overview:**

The Fitness Heaven Website is designed for fitness enthusiasts, beginners, and health-conscious individuals, offering a comprehensive hub for workout routines, nutrition tips, and wellness resources. The platform provides an intuitive, user-friendly experience with accessible fitness plans, healthy recipes, and inspiring transformation stories across five main pages: Homepage, Workout Routines, Nutrition Guide, Photo Gallery, and Contact. Its responsive design ensures smooth usability across devices.

**Documentation:**

**1. Goals and Objectives:**

Provide comprehensive workout routines and nutrition guides.Share wellness tips and inspiring transformation stories.Engage users through a contact form and social media integration.

**2. Target Audience**

**Fitness Enthusiasts**: Intermediate and advanced fitness seekers.

**Beginners**: Newcomers seeking structured workout plans.

**Health-conscious Individuals:** Users focused on balanced nutrition and overall fitness.

**3. Website Structure**

**Homepage:** Introduces the site, featuring highlighted content and easy navigation links.

**Workout Routines Page**: Details workout plans with in-depth descriptions and media.

**Nutrition Guide Page:** Offers structured meal plans and tips for healthy eating.

**Photo Gallery Page:** Displays images showcasing workout techniques and user transformations.

**Contact Page:** Provides a contact form and links to social media profiles.

**4. Key Features**

**Navigation Menu**: Easy access to all website pages.

**Consistent Styling**: CSS used for cohesive design across the site.

**Responsiveness:** Adaptive layout ensures functionality across mobile, tablet, and desktop devices.