

**A
PROJECT
ON
“FITNESS HUB”
Submitted to
Rashtrasant Tukadoji Maharaj Nagpur University,
NAGPUR
In the Partial Fulfillment of
B.Com. (Computer Application) Final Year
Submitted by
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SHRUTI SUPATKAR
Under the Guidance of
Pravin J. Yadao**



**G. S. College of Commerce & Economics
Nagpur
2019-2020**

**G. S. COLLEGE OF COMMERCE & ECONOMICS
NAGPUR**

CERTIFICATE

(2019 - 2020)

This is to certify that Miss Nikita Agnihotri and Shruti Supatkar has completed their project on the topic of **FITNESS HUB** prescribed by the Rashtrasant Tukadoji Maharaj Nagpur University for B.Com. (Computer Application) - III course in G. S. College of Commerce & Economics, Nagpur.

Date:

Place: Nagpur

Pravin J. Yadao

Project Guide

External Examiner

Internal Examiner

ACKNOWLEDGEMENT

We take this opportunity to express our deep gratitude and whole hearted thanks to project guide Prof. Pravin Yadao, Coordinator for his guidance throughout this work. We are very much thankful to him for his constant encouragement, support and kindness.

We are also grateful to our teachers Prof. Rahul Tiwari, Prof. Sushma Gawande, Prof. Preeti Rangari, Prof. Prajkta Deshpande and Prof. Haresh Naringe for their encouragement, help and support from time to time.

We also wish to express our sincere thanks to Principal Dr. N. Y. Khandait for providing us wide range of opportunities, facilities and inspiration to gather professional knowledge and material without which this project could not have been completed.

Nikita Agnihotri

Shruti Supatkar

Date:

Place: Nagpur

DECLARATION

We Nikita Agnihotri and Shruti Supatkar hereby honestly declare that the work entitled “FITNESS HUB” submitted by us at G.S. College of Commerce & Economics, Nagpur in partial fulfillment of requirement for the award of B.Com. (Computer Application) degree by Rashtrasant Tukadoji Maharaj, Nagpur University, Nagpur has not been submitted elsewhere for the award of any degree, during the academic session 2019-2020.

The project has been developed and completed by us independently under the supervision of the subject teacher and project guide.

Nikita Agnihotri

Shruti Supatkar

Date:

Place: Nagpur

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INTRODUCTION

INTRODUCTION

“FITNESS HUB” is an website which will help people to change their lifestyle in a positive manner .As our body is an god gift to us, as a result of which it is our duty to take care of it wholeheartedly. Our website is meant to help people change their day to day lifestyle with the help of different guidelines and tutorials of Gyiming, Exercise ,Yoga and many more provided by us. In this website we focus on your physical as well as mental health, moreover we also take into account what kind of need to follow. As doing physical exercise is not enough, you also have to be conscious regarding what you are eating and should make sure that you aren’t eating junk food in daily bases as it may result hazardous to your health.

With the help of our meditation section you can learn different kinds of meditation which will help you to stay calm in difficult situations and to bring self-control.

In our Exercise section we have demonstrate the excercises with the help of gifs, so that you can clearly visualize and understand the what body postures ,you need to make to execute any particulars exercise. As the daily practice of exercise, will help you to make your body flexible and also will make you fell more active and more energetic.

OBJECTIVES

OBJECTIVES

Promote Fitness: Today we are so busy in our day to day routines, that we hardly get any time to pay attention to our health which leads to health problems. As a result of which this is an effort to help people to cope up with lazy and unhealthy lifestyle.

Promote meditation: Life is unpredictable , we don't know what may happen in the future. Due to which it is very important to inculcate the daily habit of meditation among every person irrespective of the age factor. As it is beneficial for every one because it gives you the inner strength to handle over-thinking, confusion, loneliness, panic-situation and anxiety.

Provide proper diet plans: Eating healthy diet is very essential as it gives your body the required nutrients that is needed to conduct an proper functioning. Hence we have provided weekly diet plans .In the format of Break-fast, Mid-morning, Lunch, Snacks, and Dinner meals.

Cure Obesity: Many people in india is suffering from the problem of obesity which is due to there lazy and careless attitude towards their health. The daily usage of our website will be an auxiliary to you to fight against this problem.

To provide free of cost: Our website is an type of non-commercial website. As our main motive objective is to promote fitness and a healthy lifestyle rather then earning money.

PRELIMINARY SYSTEM ANALYSIS

NEED OF NEW SYSTEM

We can say that a website is also a system. Hence here we need to identify the first step of SDLC and that is to analyse the need of a new system. The need of the new system arises when there are flaws and problems in the old system. Due to which the work that needed to be done by the system, for which the system is developed, is not being executed in the desired manner, or the old system is taking a long duration of time to complete a task, due to which the work is getting delayed. The possibility can also be, that the technology that the old system is using is outdated. As a result of which the need of a new and a better system has arisen.

Given below are the need of new system:-

1) No need to switch:- In the new system we have most of the fitness related activities at one place. Such as Exercise, Yoga, Meditation etc. So there is no need to go to other website for diet plans and then another to learn meditation.

2) Easy to use:- In this system the look is very attractive and easy to understand the working of the website.

3) Low Maintenance:- This website is not a commercial website and Moreover it does not require any updates, we have tried our level best to keep the bugs and errors away while coding, which makes it very efficient and flexible to use.

4) Time saver:- Our website is a time saver as it guides you efficiently so that there is no scope of any confusion.

FLAWS IN PRESENT SYSTEM

No system can be said as “PERFECT SYSTEM” as there has to be some or the other flaws in the system. As far as our website that is our system is concerned we will leave no stone unturned as will try our level best to correct the flaws in our system.

Flaws present as follows:-

1)No Updates:- Our website does not support any updates as this is an typical informative website in nature.

2)Display:-Our website can only be displayed on computers and laptops as it is developed in that manner.

3)Without any club:- This website does not comes under or is a part of any fitness club .It is one of its kind but we can say that in future it is possible to make it a part of an fitness community so that more efficiently the website can help people to construct an healthy and a happy go lucky lifestyle.

4) Limited Exercises:- As there are tremendous types of exercises as a result of which we have provded only the essential one.

FEASIBILITY STUDY

Feasibility study is test of system proposal according to its workability, impact on the users, ability to meet the user's need and to meet the objective for which it is developed. In the feasibility study the cost and the benefits are also estimated with greater accuracy.

Types of feasibility to take care of:

Technical Feasibility:- As we have developed an informative website as a result of which it runs on any computer or laptop, as we only need the browser support to run it. such as Internet Explorer, Chrome, Mozilla Firefox.

Economic Feasibility:- As our website is provided made available for free to the users due to which it very feasible for everyone to use it this is because the aim of our website is to promote fitness nothing else.

Social Feasibility:- Our website content and the features are beneficial for the society as the visit to our website will help to promote an healthy and a fit life and will help people of the society to overcome loneliness depression and help people who are facing the problem of panic attacks with the help of our meditation guide, and also help to refresh their mood as well as to meditate more efficiently and effectively due to the background music made available to you.

PROJECT CATEGORY

PROJECT CATEGORY

The website “FITNESS HUB” comes in the category of an website and which is developed using HTML (Hyper Text Markup Language).

➤ **HTML(Hypertext Markup Language)**

Hypertext Markup Language is the industry slandered language for describing the contents and the layout of the Web page.HTML is made is made up of tags and attributes that works together to identify document parts and tell the browser how to display them.HTML document are also known as web pages or web documents. Each Website is composed of multiple pages and one can switch among the pages using hyperlinks. The collection of HTML pages makes world-wide web or a website.

We can say that a web page or HTML document is basically a text-file that contains text matter,images,sound and hyperlinks to other pages and commands to format them.

➤ **CSS(Cascading StyleSheet):-**

CSS is an designing language of the webpages. It was developed simplify the process of making the website look presentable. Useing CSS you can control the color , text, style of font of the webpage and moreover you can also control the spacing between paragraphs, can set layout design and many more.CSS powerfull control over the presentation of the HTML document.

HARDWARE AND SOFTWARE REQUIREMENT

To run our website following hardware will be required.

1. Software Required:

Microsoft Window **7/8/10**

Internet Explorer/Chrome

Notepad

2. Hardware Required:

To run our website following software will be required.

Ram:512 MB

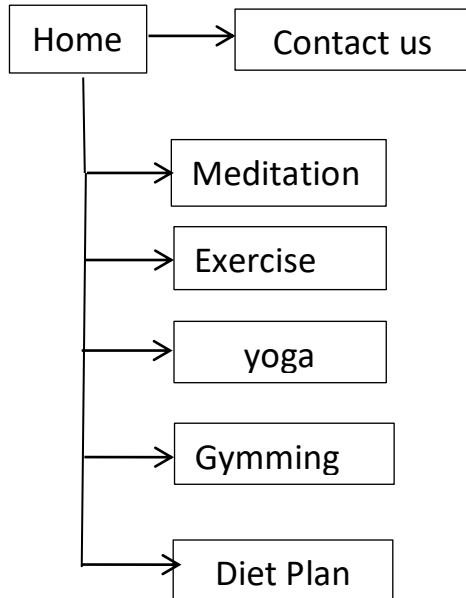
Processor:1.83 GHz

HDD:500mb

Basic:Vedio card

DATA FLOW DIAGRAM

Data flow diagram show how data flow in a system.



SOURCE CODE

HOME.html

```
<html>
<head>
<meta charset="utf-8">
<link type="text/css" rel="stylesheet" href="alterCSS.css">
<title>FITNESS HUB</title>
</head>
<body>
<!--menu-->
<div class="menuconatiner" style="margin-top:30px;">
<div class="menu">
<a href="ALTEREDBRANDNEW.HTML" class="active">Home</a>
<a href="#">About Us</a>
<a href="CONTACT.html">Contact us</a>
</div>
<div>
<IMG SRC="ICON.PNG" WIDTH="100PX">
</div>
<div class="webcontent" >
<H2 style="color:#fff !important;">WELCOME TO FITNESS HUB</H2>
<P style="color:#fff !important;">"FITNESS HUB",OUR WEBSITE IS ALL
ABOUT MENTAL AND PHYSICAL FITNESS OF A PERSON.AS TODAY WE
ARE IN THE ERA OF FITNESS AND HEALTH WORSHIP AS A RESULT OF
WHICH THIS,IS AN EFFORT IN THE DIRECTION TO MAKE PEOPLE
AWARE ABOUT,THE IMPORTANCE OF A GOOD AND HEALTHY
LIFESTYLE SO THAT YOU CAN REVOLUTIONAISE YOUR DAILY
ROUTINE WITH THE HELP OF THE VARIOUS FACILITIES PROVIDED BY
US.</p>
```

```

</div>
<div class="homebtn" style="margin-top:-1px;">
<center><a href="LETSTRY.HTML" style="color:#fff !important;">Get
Started</a></center>
</div>
</body>
</html>

```

HOMESTYLE.CSS:-

```

/*Menu css started*/
body{
background-image:url('home.jpg');
background-repeat:no-repeat;
background-size:100% 100%;
}
.menucontainer{
margin-top:20px;}
.menu{float: right;
margin-bottom: 40px;}
.menu a{padding: 10px;
border: 1px solid #F05A1F;/*oRANGE COLOR*/
border-width:5px;
text-decoration: none;
color:#fff;
text-transform: uppercase;}
.menu a:hover{color:black;
background:cyan;
transition: 0.4s;
border: 1px solid purple;

```

```

        border-width:5px;}

a.active{
    color:#fff;
    border: 1px solid #F05A1F;
    border-width:5px;
}
a.active:hover{    color: #ffaf06;
    background: transparent;
    transition: 0.4s;
    border: 1px solid purple;
    transition: 0.4s;
    background:cyan;}
/*Menu css ended*/
/*home page content startted*/
.webcontent{    text-align:justify;
    padding:0px 20px;
    font-size:30px;
    margin-top:50px;
    color:maroon;
    margin-right:40%;
    font-family:cambria;
}
/*home page content end*/
/*home page btn started */
.homebtna{ text-decoration:none;
    font-size:20px;
    text-transform:uppercase;

```

```

border-style:solid;
border-color:green lime green lime;
border-width:7px;
padding:10px;
text-align:center;
border-radius:20px;
color:black;}

.homebtn a:hover{
background:cyan;
color:green;
transition:0.5s;}

.homebtn{ margin-top:100px;}

.menucontainer{
margin-top:20px;}

.menu{ float: right;
margin-bottom: 40px;}

.menu a{ padding: 10px;
border: 1px solid #F05A1F;/*oRANGE COLOR*/
border-width:5px;
text-decoration: none;
color:#fff;
text-transform: uppercase;}

.menu a:hover{ color:black;
background:cyan;
transition: 0.4s;
border: 1px solid purple;
border-width:5px;}

```

```

a.active{
    color:#fff;
    border: 1px solid #F05A1F;
    border-width:5px;
}
a.active:hover{    color: #ffaf06;
    background: transparent;
    transition: 0.4s;
    border: 1px solid purple;
    transition: 0.4s;
    background:cyan;}
/*Menu css ended*/
/*home page content startted*/
.webcontent{    text-align:justify;
    padding:0px 20px;
    font-size:30px;
    margin-top:50px;
    color:maroon;
    margin-right:40%;
    font-family:cambria;
}
/*home page content end*/
/*home page btn started */
.homebtna{ text-decoration:none;
    font-size:20px;
    text-transform:uppercase;
    border-style:solid;

```

```

border-color:green lime green lime;
border-width:7px;
padding:10px;
text-align:center;
border-radius:20px;
color:black;}

.homebtn a:hover{
background:cyan;
color:green;
transition:0.5s;}

.homebtn{ margin-top:100px;}

```

MAIN.html:-

```

<HTML>
<HEAD>
<link type="text/css" rel="stylesheet" href="CSSLETSTRY.css">
</HEAD>
<BODY>
<H1 style="margin-top:50px; margin-bottom:50px;">MAKE YOUR
CHOICE!</H1>
<div id="IMGPARTright">
<div ID="EXC">
<h2 style="">EXCERSICE</h2><br>
<a href="#"><imgsrc="exercise.jpg"></a><br>
<button id="Oval"><b>START</b></button>
</div>

```



```

<div ID="ZUMBA">
<h2 style="">ZUMBA</h2><br>
<a href="#"><imgsrc="zumba.jpg"></a><br>
<button id="Oval"><b>START</b></button>
</div>
<div ID="GYMNG">
<h2 style="">GYMING</h2><br>
<a href="#"><imgsrc="gyming.jpg"></a><br>
<button id="Oval" ><A
href="GYMING/GYMSECTION.HTML"><b>START</b></A></button>
</div>
</div>
<div id="IMGPARTleft">
<div ID="MEDI">
<h2 style="">MEDITATION</h2><br>
<a href="#"><imgsrc="meditation.jpg"></a><br>
<button id="Oval"><a
href="MEDITATION/MEDI.HTML"><b>START</b></a></button>
</div>
<div ID="YOGA">
<h2 style="">YOGA</h2><br>
<a href="#"><imgsrc="yoga.jpg"></a><br>
<button id="Oval">
<ahref="YOGAINSIDE.HTML"><b>START</b></a></button>
</div>
<div ID="Diet">
<h2 style="">DIET PLANS</h2><br>
<a href="#"><imgsrc="diet.jpg"></a><br>

```

```

<button id="Oval" type="button" href=""><b>START</b></button>
</div>
</div>
<div class="footer" style="background:#000;">
<h1 style="color:#fff !important; float:right; margin:50px 50px;">Fitness Hub
&copy;</h1>
<IMG SRC="ICON.PNG" style=" width: 100px !important; height: 70px
!important; margin: 50px 50px; filter:none;">
</div>
</BODY>
</HTML>

```

MAINSTYLE.CSS:-

```

body{
background-image:url('BG2.jpg');
background-size:cover;
}
*{
color:salmon;
font-size:30px;
margin:0;
}
a{
color:salmon;
}
button{
background-image:url('BG3.jpg');
background-size:cover;
}

```

```

H1{
background-color:LIGHT;
text-align:center;
}
img{
    width:400px;
    height:40%;
    border-radius:20px;
    filter:drop-shadow(20px 20px 20pxdeeppink);
}

#IMGPARTright{
    float:right;
    display:inline-block;
    margin-right:100px;}
#IMGPARTleft{
margin-left:100px;
display:inline-block;
}
#IMGPART{
    float: right;
    z-index:-1;
    color: #f05a1f;
}
#GYMNG,#YOGA,#Diet,#EXC,#ZUMBA,#MEDI{
margin-top:20px;
margin-bottom:50px;
}

```

```

#GYMNG: hover, #YOGA: hover, #Diet: hover, #EXC: hover, #ZUMBA: hover, #MED
I: hover{
}
#Oval{
display: block;
line-height: 16px;
height: 70px;
width: 140px;
border-radius: 10px;
border: 1px solid #fff;
}
#oval b
{
    color: #000; }
#oval: hover{
    cursor: pointer; }
#oval a{
text-decoration: none;
}
body{
background-image: url('BG2.jpg');
background-size: cover;
}
*{
color: salmon;
font-size: 30px;
margin: 0;
}

```

```
a{
color:salmon;
}
button{
background-image:url('BG3.jpg');
background-size:cover;
}
H1{
background-color:LIGHT;
text-align:center;
}
img{
    width:400px;
    height:40%;
    border-radius:20px;
    filter:drop-shadow(20px 20px 20pxdeeppink);
}

#IMGPARTright{
    float:right;
    display:inline-block;
    margin-right:100px;}
#IMGPARTleft{
margin-left:100px;
display:inline-block;
}
#IMGPART{
    float: right;
```

```

        z-index:-1;
        color: #f05a1f;
    }
#GYMNG,#YOGA,#Diet,#EXC,#ZUMBA,#MEDI{
margin-top:20px;
margin-bottom:50px;
}
#GYMNG: hover,#YOGA: hover,#Diet: hover,#EXC: hover,#ZUMBA: hover,#MED
I: hover{
}
#Oval{
display: block;
line-height: 16px;
height: 70px;
width: 140px;
border-radius: 10px;
border: 1px solid #fff;
}
#oval b
{
    color: #000; }
#oval: hover{
    cursor: pointer; }
#oval a{
text-decoration: none;
}

```

MEDITATION.HTML:-

```
<HTML>
<HEAD><TITLE>MEDITATION</TITLE>
<STYLE>
BODY{
background-image:url(IMAGES/MEDITATIONIMAGES/BG4.jpg);
background-repeat:no-repeat;
background-size: cover;
}
a{
background-size:100% 100%;
background-repeat:no-repeat;
}
img{
Background-repeat:no-repeat;
background-size:cover;
}
/*#S1{
<audio loop="true" autoplay="true"
src="IMAGES/MEDITATIONIMAGES/CANDELMUSIC.mp3">
}*/
.menucontainer
{
margin-top:none;
}
.menu{
float: right;
margin-bottom:10px;
```

```

    }
.menu a
{
    padding:10px;
    border: 1px solid black;
    border-width:5px;
    text-decoration:none;
    color:black;
    margin-top:none;
    text-transform: uppercase;
    background:linear-gradient(yellow,hotpink);
    font-style:bold;
}
button{
border-style:inset;
background-color:black;
border-width:10px;
border-color:cyan hotpink cyan hotpink;
height:50px;
width:100%;
text-style:bold;
margin-top:15%;
color:white;
font-weight:bold;
}
button:hover{
border-style:outset;
}

```



```

h2{
color:white;
}
h1{
color:white;
}
table img{
filter:drop-shadow(10px 10px 10px black);
}
td a{
color:white;
text-decoration:none;
}
</STYLE>
</HEAD>
<BODY>
<div class="menucontainer" style="margin-top:50px;">
<div class="menu">
<a href="LETSTRY.HTML" class="active">EXIT</a>
<a href="IMAGES/MEDITATIONIMAGES/HOW.jpg">HOW?</a>
<a href="IMAGES/MEDITATIONIMAGES/BREATHING.gif">DEEP
BREATHING</a>
</div>
</div>
<center><h1 style="display: inline-block;" >MEDITATION:MAKE YOUR
CHOICE</h1></center>
<table cellpadding="50px" style="text-align: center; padding:0 150px;">
<tr>

```

```

<td ><a href="CANDELPAGE.html"></a><br><button><a
href="IMAGES/MEDITATIONIMAGES/CANDELEXP.jpg"><b>WHAT
IS</b></a></button></td>
<td><a href="DOTPAGE.HTML"></a><br><button>
<a href="IMAGES/MEDITATIONIMAGES/DOTEXP.jpg"><b>WHAT
IS</b></a></button></td>
<td><a href="OMPAGE.HTML"></a><br>
<button><a href="IMAGES/MEDITATIONIMAGES/OMEXP.jpg">WHAT
IS</b></a></button></td>
<td><a href="BUDDHAPAGE.HTML"></a><br><button>
<a href="IMAGES/MEDITATIONIMAGES/IMAGEEXP.jpg">WHAT
IS</b></a></button></td></tr><tr>
<td><h2>CANDEL MEDITATION</H2></td>
<td><h2>DOT MEDITATION</H2></td>
<td><h2>OM MEDITATION</H2></td>
<td><h2>BUDDHA MEDITATION</H2></td></tr></table>
</BODY>
</HTML>

```

YOGA.HTML:-

```

<HTML>
<HEAD><TITLE>YOGA INSIDE</TITLE>

```

```
<STYLE>
body{
background-image:url('YOGABG.jpg');
background-repeat:no-repeat;
background-size:100% 100%;
}
.menu a
{
padding:10px;
border: 1px solid black;
border-width:5px;
text-decoration:none;
color:black;
margin-top:none;
text-transform: uppercase;
background:linear-gradient(yellow,hotpink);
font-style:bold;
}
button{
border-style:inset;
background-color:black;
border-width:10px;
border-color:cyan hotpink cyan hotpink;
height:50px;
width:100%;
text-style:bold;
margin-top:15%;
color:white;
```

```
font-width:10px;
}
button:hover{
border-style:outset;
}

.menucontainer
{
    margin-top:20px;}
.menu a
{
    padding: 10px;
    border: 1px solid purple;
    border-width:5px;
    text-decoration: none;
    color:black;
    text-transform: uppercase;
    background:linear-gradient(lightsalmon,lightskyblue);}
.menu
{
    float: right;
    margin-bottom: 40px;}
.menu a:hover
{
color:black;
transition: 0.9s;
border: 1px solid purple;
border-width:5px;
```

```
background:linear-gradient(lightskyblue, lightsalmon)}
</STYLE>
</HEAD>
<BODY>
<div class="menucontainer">
<div class="menu">
<a href="ALTEREDBRANDNEW.HTML">HOME</a>
<a href="LETSTRY.HTML">EXIT</a>
<a href="BALANCEING.HTML" class="active">BALANCING</a>
<a href="BACKBENDS.HTML">BACKBENDS</a>
<a href="RESTING.HTML">RESTING</a>
<a href="SEATED.HTML">SEATED</a>
<a href="STANDING.HTML">STANDING</a>
</div>
</BODY>
</HTML>
```

POSE1.HTML:-

```
<html>
<head>
<style>
*{
background-color:HOTPINK;}
img{
border-radius:100px;
height:180px;
width:180px;
border-style:solid;
border-color:YELLOW;
```

```

border-width:8px;
filter:drop-shadow(10px 10px 10px VIOLET);}
IMG:hover{
filter:drop-shadow(10px 10px 10pxmediumpurple);}
tr td{
padding:15px;}
h1 {
background:YELLOW;
color:BLACK;
text-align:center;}
.menucontainer
{
    margin-top:20px;}
.menu a
{
    padding: 10px;
    border: 1px solid YELLOW;
    border-width:5px;
    text-decoration: none;
    color:black;
    text-transform: uppercase;
    background:linear-gradient(HOTPINK,VIOLET)}
.menu
{
    float: right;
    margin-bottom: 40px;}
.menu a:hover
{

```

```

        color:black;
        transition: 0.9s;
        border: 1px solid GREY;
        border-width:5px;
        background:linear-gradient(GREY, GHOSTWHITE);}
</style>
</head>
<body>
<div class="menucontainer">
<div class="menu">
<a href="LETSTRY.HTML">EXIT</a>
<a href="BALANCEING.HTML" class="active">BALANCING</a>
<a href="BACKBENDS.HTML">BACKBENDS</a>
<a href="RESTING.HTML">RESTING</a>
<a href="SEATED.HTML">SEATED</a>
<a href="STANDING.HTML">STANDING</a>
</div>
<br>
<h1>BACKBENDNG YOGA</H1>
<table>
<tr>
<td><imgsrc="BB1.jpg"></td>
<td><imgsrc="BB2.jpg"></td>
<td><imgsrc="BB3.jpg"></td>
<td><imgsrc="BB4.jpg"></td>
<td><imgsrc="BB5.jpg"></td>
<td><imgsrc="BB6.jpg"></td>
</tr>

```

```
<tr>
<td><imgsrc="BB7.jpg">
<td><imgsrc="BB8.jpg">
<td><imgsrc="BB9.jpg">
<td><imgsrc="BB10.jpg">
<td><imgsrc="BB11.jpg">
</tr>
</body>
</html>
```

POSE2.html:-

```
<html>
<head>
<style>
*{
background-color:TEAL;
}
img{
border-radius:100px;
height:180px;
width:180px;
border-style:solid;
border-width:8px;
border-color:TURQUOISE;
filter:drop-shadow(10px 10px 10px YELLOW);
}
tr td{
padding:35px;
```



```

margin:none;}

h1{
background:TURQUOISE;
color:YELLOW;
text-align:center;}

.menucontainer
{
    margin-top:20px;}

.menu a
{
    padding: 10px;
    border: 1px solid TURQUOISE;
    border-width:5px;
    text-decoration: none;
    color:black;
    text-transform: uppercase;
    background:linear-gradient(TURQUOISE,YELLOW);}

.menu
{
    float: right;
    margin-bottom: 40px;}

*{
background-color:TEAL;
}

img{
border-radius:100px;
height:180px;
width:180px;

```

```

border-style:solid;
border-width:8px;
border-color:TURQUOISE;
filter:drop-shadow(10px 10px 10px YELLOW);
}
tr td{
padding:35px;
margin:none;}
h1 {
background:TURQUOISE;
color:YELLOW;
text-align:center;}
.menucontainer
{
    margin-top:20px;}
.menu a
{
    padding: 10px;
    border: 1px solid TURQUOISE;
    border-width:5px;
    text-decoration: none;
    color:black;
    text-transform: uppercase;
    background:linear-gradient(TURQUOISE,YELLOW);}
.menu
{
    float: right;
    margin-bottom: 40px;} *{

```

```

background-color:TEAL;
}
img{
border-radius:100px;
height:180px;
width:180px;
border-style:solid;
border-width:8px;
border-color:TURQUOISE;
filter:drop-shadow(10px 10px 10px YELLOW);
}
tr td{
padding:35px;
margin:none;}
h1 {
background:TURQUOISE;
color:YELLOW;
text-align:center;}
.menucontainer
{
    margin-top:20px;}
.menu a
{
    padding: 10px;
    border: 1px solid TURQUOISE;
    border-width:5px;
    text-decoration: none;
    color:black;

```

```

        text-transform: uppercase;
        background:linear-gradient(TURQUOISE,YELLOW);}
.menu
{
    float: right;
    margin-bottom: 40px;}
*{
background-color:TEAL;
}
img{
border-radius:100px;
height:180px;
width:180px;
border-style:solid;
border-width:8px;
border-color:TURQUOISE;
filter:drop-shadow(10px 10px 10px YELLOW);
}
tr td{
padding:35px;
margin:none;}
h1 {
background:TURQUOISE;
color:YELLOW;
text-align:center;}
.menucontainer
{
    margin-top:20px;}

```

```
.menu a
{
    padding: 10px;
    border: 1px solid TURQUOISE;
    border-width:5px;
    text-decoration: none;
    color:black;
    text-transform: uppercase;
    background:linear-gradient(TURQUOISE,YELLOW);}
```

```
.menu
{
    float: right;
    margin-bottom: 40px;}
```

```
.menu a:hover
{
    color:black;
    transition: 0.9s;
    border: 1px solid TEAL;
    border-width:5px;
    background:linear-gradient(TEAL, TURQUOISE);}
```

```
IMG:hover{
filter:drop-shadow(10px 10px 10px CYAN);}
```

```
</style>
```

```
</head>
```

```
<body>
```

```
<div class="menuconatiner">
```

```

<div class="menu">
<a href="LETSTRY.HTML">EXIT</a>
<a href="BALANCEING.HTML" class="active">BALANCING</a>
<a href="BACKBENDS.HTML">BACKBENDS</a>
<a href="RESTING.HTML">RESTING</a>
<a href="SEATED.HTML">SEATED</a>
<a href="STANDING.HTML">STANDING</a>
</div><br>
<h1>BALACING POSES</H1>
<table>
<tr>
<td><a href="BAL1IN.jpg" ID="S1"><imgsrc="BAL1.jpg"> </a></td>
<td><a href="BAL2IN.jpg" ID="S1"><imgsrc="BAL2.jpg"> </a></td>
<td><a href="BAL3IN.jpg" ID="S1"><imgsrc="BAL3.jpg"> </a></td>
<td><a href="BAL4IN.jpg" ID="S1"><imgsrc="BAL4.jpg"> </a></td>
<td><a href="BAL5IN.jpg" ID="S1"><imgsrc="BAL5.jpg"> </a></td>
</tr>
</body>
</html>

```

BAND.html:-

```

<html>
<HEAD><TITLE>GYMING SECTION</TITLE>
<STYLE>
body{
background-color:cyan;
color:white;}
H1{

```

```

background-color:Gainsboro;
text-align:center;
background:linear-gradient(cyan,DARKBLUE);
COLOR:WHITE;}

img{
height:29%;
width:40%;
border-style:solid;
border-width:20%;
border-radius:15px 50px;}

HR{
color:darkgrey;}

div{
text-align:right;
background-image:url("BG1.jpg");
background-size:100% 100%;
background-repeat:no-repeat;
COLOR:WHITE;}

h2{
float:left;
margin-left:20%;
font-size:45px;}

.menucontainer
{
    margin-top:none;}

.menu{

```

```

float: right;

margin-bottom:10px;}

.menu a
{

padding:10px;
border: 1px solid lightblue;
border-width:5px;
text-decoration:none;
color:white;
margin-top:none;
text-transform: uppercase;
background:linear-gradient(skyblue,darkblue);}

</STYLE>
</HEAD>
<BODY>
<div class="menucontainer" STYLE="PADDING-TOP:50PX;">
<div class="menu">
<a href="DUMBBELL.HTML" class="active">DUMBBELL</a>
<a href="BAND.HTML">BAND</a>
<a href="FLOOR.HTML">FLOOR</a>
</div>
<H1>LETS DO GYMING!</H1>
<div>
<HR>
<h2>STANDING STRECH</h2>
<a href="BAND1.gif"><imgsrc="BAND1.gif"></a>

```



```
<HR>
</div>
<div>
<HR>
<h2>DIAGONAL STRECH</h2>
<a href="BAND2.gif"><imgsrc="BAND2.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND3.gif"><imgsrc="BAND3.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND4.gif"><imgsrc="BAND4.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND5.gif"><imgsrc="BAND5.gif"></a>
<HR>
</div>
```

```
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND6.gif"><imgsrc="BAND6.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND7.gif"><imgsrc="BAND. gif"></a>
<HR>
</div>
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND8.gif"><imgsrc="BAND8.gif"></a>
<HR></div>
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND9.gif"><imgsrc="BAND9.gif"></a>
<HR></div>
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND10.gif"><imgsrc="BAND10.gif"></a>
```

<HR>

</div>

POSE3.html:-

<html>

<head>

<style>

*{

background-color:limegreen;

}

img{

border-radius:100px;

height:180px;

width:180px;

border-style:solid;

border-color:yellow;

border-width:8px;

filter:drop-shadow(10px 10px 10px DARKGREEN);

}

IMG:hover{

filter:drop-shadow(10px 10px 10pxrgb(0,250,154));

}

tr td{

padding:15px;

}

h1{

background:lime;

color:darkgreen;

```
text-align:center;}

.menu
{
float: right;
margin-bottom: 40px;}

.menu a:hover
{
    color:black;

    transition: 0.9s;
    border: 1px solid darkgreen;
    border-width:5px;
    background:linear-gradient(darkgreen,lime);}


.menucontainer
{
    margin-top:20px;}

.menu a
{
    padding: 10px;
    border: 1px solid yellow;
    border-width:5px;
    text-decoration: none;
    color:black;
    text-transform: uppercase;
    background:linear-gradient(darkgreen,lime): }
```

```

.menu
{
float: right;
margin-bottom: 40px;}
.menu a:hover
{
    color:black;

    transition: 0.9s;
    border: 1px solid darkgreen;
    border-width:5px;
    background:linear-gradient(darkgreen,lime);}
</style>
</head>
<body>
<div class="menucontainer">
<div class="menu">
<a href="LETSTRY.HTML">EXIT</a>
<a href="BALANCEING.HTML" class="active">BALANCING</a>
<a href="BACKBENDS.HTML">BACKBENDS</a>
<a href="RESTING.HTML">RESTING</a>
<a href="SEATED.HTML">SEATED</a>
<a href="STANDING.HTML">STANDING</a>
</div>
<br>
<h1>RESTING YOGA</H1>
<table>
<tr>

```

```
<td><imgsrc="R1.jpg">
<td><imgsrc="R2.jpg">
<td><imgsrc="R3.jpg">
<td><imgsrc="R4.jpg">
<td><imgsrc="R5.jpg">
<td><imgsrc="R6.jpg">
<td><imgsrc="R7.jpg">
<td><imgsrc="R8.jpg">
<td><imgsrc="R9.jpg">
</tr><br>
</body>
</html>
```

POSE4.html:-

```
<html>
<head>
<style>
*{
background-color:cyan;
}
img{
border-radius:100px;
height:180px;
width:180px;
border-style:solid;
border-width:8px;
border-color:tomato;
filter:drop-shadow(10px 10px 10px YELLOW);}
IMG:hover{
```

```

filter:drop-shadow(12px 12px 12px lime);}

tr td{
padding:15px;
}

h1{
background:TOMATO;
color:yellow;
text-align:center;}

.menucontainer
{
    margin-top:20px;
}

.menu a
{
    padding: 10px;
    border: 1px solid TOMATO;
    border-width:5px;
    text-decoration: none;
    color:black;
    text-transform: uppercase;
    background:linear-gradient(yellow,cyan);}

.menu
{
    float: right;
    margin-bottom: 40px;}

.menu a:hover
{

```

```

        color:black;

        transition: 0.9s;
        border: 1px solid LIGHTSALMON;
        border-width:5px;
        background:linear-gradient(TOMATO, lightsalmon);}
</style>
</head>
<body>
<div class="menucontainer">
<div class="menu">
<a href="LETSTRY.HTML">EXIT</a>
<a href="BALANCEING.HTML" class="active">BALANCING</a>
<a href="BACKBENDS.HTML">BACKBENDS</a>
<a href="RESTING.HTML">RESTING</a>
<a href="SEATED.HTML">SEATED</a>
<a href="STANDING.HTML">STANDING</a>
</div>
<br>
<h1>SEATED YOGA</H1>
<table>
<tr>
<td><imgsrc="SEA1.jpg">
<td><imgsrc="SEA2.jpg">
<td><imgsrc="SEA3.jpg">
<td><imgsrc="SEA4.jpg">
<td><imgsrc="SEA5.jpg">
<td><imgsrc="SEA6.jpg">

```



```

</tr>
<tr>
<td><imgsrc="SEA7.jpg">
<td><imgsrc="SEA8.jpg">
<td><imgsrc="SEA9.jpg">
<td><imgsrc="SEA10.jpg">
<td><imgsrc="SEA11.jpg">
</tr>
</body>
</html>

```

POSE5.html:-

```

<html>
<head>
<style>
*{
background-color:LIGHTSKYBLUE;
}
img{
border-radius:100px;
height:180px;
width:180px;
border-style:solid;
border-color:mediumslateblue;
border-width:8px;
filter:drop-shadow(10px 10px 10px LIGHTSEAGREEN);}
*{
background-color:cyan;

```

```

}
img{
border-radius:100px;
height:180px;
width:180px;
border-style:solid;
border-width:8px;
border-color:tomato;
filter:drop-shadow(10px 10px 10px YELLOW);}
IMG:hover{
filter:drop-shadow(12px 12px 12px lime);}
tr td{
padding:15px;
}
h1{
background:TOMATO;
color:yellow;
text-align:center;}
.menucontainer
{
    margin-top:20px;
}
.menu a
{
    padding: 10px;
    border: 1px solid TOMATO;
    border-width:5px;

```

```

        text-decoration: none;
        color:black;
        text-transform: uppercase;
        background:linear-gradient(yellow,cyan);}
.menu
{
    float: right;
    margin-bottom: 40px;}
.menu a:hover
{
    color:black;

    transition: 0.9s;
    border: 1px solid LIGHTSALMON;
    border-width:5px;
    background:linear-gradient(TOMATO, lightsalmon);}
</style>
</head>
<body>
<div class="menucontainer">
<div class="menu">
<a href="LETSTRY.HTML">EXIT</a>
<a href="BALANCEING.HTML" class="active">BALANCING</a>
<a href="BACKBENDS.HTML">BACKBENDS</a>
<a href="RESTING.HTML">RESTING</a>
<a href="SEATED.HTML">SEATED</a>
<a href="STANDING.HTML">STANDING</a>
</div>

```

```

<br>
<h1>SEATED YOGA</H1>
<table>
<tr>
<td><imgsrc="SEA1.jpg">
<td><imgsrc="SEA2.jpg">
<td><imgsrc="SEA3.jpg">
<td><imgsrc="SEA4.jpg">
<td><imgsrc="SEA5.jpg">
<td><imgsrc="SEA6.jpg">
</tr>
<tr>
<td><imgsrc="SEA7.jpg">
<td><imgsrc="SEA8.jpg">
<td><imgsrc="SEA9.jpg">
<td><imgsrc="SEA10.jpg">
<td><imgsrc="SEA11.jpg">
</tr>
</body>
</html>

```

POSE5.html:-

```

<html>
<head>
<style>
*{
background-color:LIGHTSKYBLUE;
}

```

```

img{
border-radius:100px;
height:180px;
width:180px;
border-style:solid;
border-color:mediumslateblue;
border-width:8px;
filter:drop-shadow(10px 10px 10px LIGHTSEAGREEN);}

IMG:hover{
filter:drop-shadow(10px 10px 10pxlightcyan);}

tr td{
padding:15px;}

h1 {
background:LIGHTcyan;
background:mediumslateblue;
color:lightcyan;
text-align:center;}

.menucontainer
{
    margin-top:20px;}

.menu a
{
    padding: 10px;
border: 1px solid lightcyan;
border-width:5px;

```

```

text-decoration: none;
color:lightcyan;
text-transform: uppercase;
background:linear-gradient(LIGHTSEAGREEN,LIGHTSKYBLUE);}

.menu
{
    float: right;
    margin-bottom: 40px;}

.menu a:hover
{
color:black;
transition: 0.9s;
border: 1px solid LIGHTSEAGREEN;
border-width:5px;
background:linear-gradient(LIGHTSKYBLUE,LIGHTSEAGREEN);}

</style>
</head>
<body>
<div class="menucontainer">
<div class="menu">
<a href="LETSTRY.HTML">EXIT</a>
<a href="BALANCEING.HTML" class="active">BALANCING</a>
<a href="BACKBENDS.HTML">BACKBENDS</a>
<a href="RESTING.HTML">RESTING</a>
<a href="SEATED.HTML">SEATED</a>
<a href="STANDING.HTML">STANDING</a>

```

</div>

<h1>STANDING YOGA</H1>

<table>

<tr>

<td><imgsrc="STAND1.jpg"></td>

<td><imgsrc="STAND2.jpg"></td>

<td><imgsrc="STAND3.jpg"></td>

<td><imgsrc="STAND4.jpg"></td>

<td><imgsrc="STAND5.jpg"></td>

<td><imgsrc="STAND6.jpg"></td>

</tr>

<tr>

<td><imgsrc="STAND7.jpg">

<td><imgsrc="STAND8.jpg">

<td><imgsrc="STAND9.jpg">

<td><imgsrc="STAND10.jpg">

<td><imgsrc="STAND11.jpg">

<td><imgsrc="STAND12.jpg">

</tr>

<tr>

<td><imgsrc="STAND13.jpg">

<td><imgsrc="STAND14.jpg">

<td><imgsrc="STAND15.jpg">

<td><imgsrc="STAND16.jpg">

<td><imgsrc="STAND17.jpg">

```
<td><imgsrc="STAND18.jpg">
</tr>
</body>
</html>
```

GYMING.html:-

```
<html>
<head><TITLE>GYMING SECTION</TITLE>
<HEAD>
<STYLE>
.menucontainer{  margin-top:20px;}
.menu{          float: right;
            margin-bottom: 40px;}
.menu a{      padding: 10px;
            border: 1px solid purple;
            border-width:5px;
            text-decoration: none;
            color:black;
            text-transform: uppercase;}
BODY{
background-image:url("GYMBG.jpg");
background-size:100% 100%;
background-repeat:no-repeat;}
</STYLE>
</HEAD>
<BODY>
```



```

<div class="menucontainer">
<div class="menu">
<a href="DUMBBELL.HTML" class="active">DUMBBELL</a>
<a href="BAND.HTML">BAND</a>
<a href="FLOOR.HTML">FLOOR</a>
</div>
</BODY>
</HTML>

```

DUMBBELL.html:-

```

<html>
<HEAD><TITLE>GYMING SECTION</TITLE>
<STYLE>
body{
background-color:skyblue;
color:white;
}
H1{
background-color:Gainsboro;
text-align:center;
background:linear-gradient(darkblue,white);}
img{
height:29%;
width:40%;
border-style:solid;
border-width:20%;

```

```
border-radius:15px 50px;}

HR{
color:skyblue;}

div{
text-align:right;
background-image:url("BG1.jpg");
background-size:100% 100%;
background-repeat:no-repeat;}

h2{
float:left;
margin-left:20%;
font-size:45px;}

.menucontainer{
    margin-top:none;
}

.menu{
    float: right;
    margin-bottom:10px;}

.menu a{
    padding:10px;
    border: 1px solid lightblue;
    border-width:5px;
    text-decoration:none;
    color:white;
    margin-top:none;
    text-transform: uppercase;
```

```

        background:linear-gradient(skyblue,darkblue);}
.menu a:hover{
background:linear-gradient(darkblue,skyblue);
}
</STYLE>
</HEAD>
<BODY>
<div class="menucontainer" STYLE="PADDING-TOP:50PX;">
<div class="menu">
<a href="DUMBBELL.HTML" class="active">DUMBBELL</a>
<a href="BAND.HTML">BAND</a>
<a href="FLOOR.HTML">FLOOR</a>
</div>
<H1>LETS DO GYMING!</H1>
<div>
<HR>
<h2>HAMMER CURL</h2>
<a href="DUM1.gif"><imgsrc="DUM1.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>LIFT UPS</h2>
<a href="DUM2.gif"><imgsrc="DUM2.gif"></a>
<HR>
</div>

```

```
<div>
<HR>
<h2>SQAT SCOOP UP</h2>
<a href="DUM3.gif"><imgsrc="DUM3.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>POSTURE LIFT UPS</h2>
<a href="DUM4.gif"><imgsrc="DUM4.gif"></a>
<HR>
</div><div>
<HR>
<h2>SIDE WINGS</h2>
<a href="DUM5.gif"><imgsrc="DUM5.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>SPLIT SQUAT PRESS</h2>
<a href="DUM6.gif"><imgsrc="DUM6.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>STANDING CHEST FLY</h2>
```

```

<a href="DUM7.gif"><imgsrc="DUM7.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>STRENGTHEN SQUATS</h2>
<a href="DUM8.gif"><imgsrc="DUM8.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>TONE AND STRENGTH</h2>
<a href="DUM9.gif"><imgsrc="DUM9.gif"></a>
<HR>
</div><div>
<HR>
<h2>FIGURE 8 SQUEAT</h2>
<a href="DUM10.gif"><imgsrc="DUM10.gif"></a>
<HR></div>
</BODY>
</html>

```

FLOOR.html:-

```

<html>
<HEAD><TITLE>GYMING SECTION</TITLE>
<STYLE>
body{

```

```

background-color:lightseagreen;
color:white;}

H1{
background-color:Gainsboro;
text-align:center;
background:linear-gradient(pink,purple);}

img{
height:29%;
width:40%;
border-style:solid;
border-width:20%;
border-radius:15px 50px;}

HR{
color:darkgrey;}

div{
text-align:right;
background-image:url("BG1.jpg");
background-size:100% 100%;
background-repeat:no-repeat;
}

h2{
float:left;
margin-left:20%;
font-size:45px;}

.menucontainer
{

```

```

        margin-top:none;}

.menu{
    float: right;
    margin-bottom:10px;}

.menu a
{
padding:10px;
border: 1px solid darkblue;
border-width:5px;
text-decoration:none;
color:white;
margin-top:none;
text-transform: uppercase;
background:linear-gradient(pink,purple);}

.menu a:hover{
background:linear-gradient(purple,pink);}

</STYLE>

</HEAD>

<BODY>

<div class="menucontainer" STYLE="PADDING-TOP:50PX;">
<div class="menu">

<a href="DUMBBELL.HTML" class="active">DUMBBELL</a>

<a href="BAND.HTML">BAND</a>

<a href="FLOOR.HTML">FLOOR</a>

</div>

<H1>LETS DO GYMING!</H1>

```

```
<div>
<HR>
<h2>HAMMER CURL</h2>
<a href="FLOOR1.gif"><imgsrc="FLOOR1.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>LIFT UPS</h2>
<a href="FLOOR2.gif"><imgsrc="FLOOR2.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>SQAT SCOOP UP</h2>
<a href="DUM3.gif"><imgsrc="FLOOR3.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>POSTURE LIFT UPS</h2>
<a href="FLOOR4.gif"><imgsrc="FLOOR4.gif"></a>
<HR>
</div>
<div>
<HR>
```


<h2>SIDE WINGS</h2>

<imgsrc="FLOOR5.gif">

<HR>

</div>

<div>

<HR>

<h2>SPLIT SQUAT PRESS</h2>

<imgsrc="FLOOR6.gif">

<HR>

</div>

<div>

<HR>

<h2>STANDING CHEST FLY</h2>

<imgsrc="FLOOR7.gif">

<HR>

</div><div>

<HR>

<h2>STRENGTHEN SQUATS</h2>

<imgsrc="FLOOR8.gif">

<HR>

</div><div>

<HR>

<h2>TONE AND STRENGTH</h2>

<imgsrc="FLOOR9.gif">

<HR>

</div><div>

```
<HR>
<h2>FIGURE 8 SQUEAT</h2>
<a href="FLOOR10.gif"><imgsrc="FLOOR10.gif"></a>
<HR>
</div>
</BODY>
</html>
```

BAND.html:-

```
<html>
<HEAD><TITLE>GYMING SECTION</TITLE>
<STYLE>
body{
background-color:cyan;
color:white;}
H1{
background-color:Gainsboro;
text-align:center;
background:linear-gradient(cyan,DARKBLUE);
COLOR:WHITE;}
img{
height:29%;
width:40%;
border-style:solid;
border-width:20%;
border-radius:15px 50px;}
HR{
```

```

color:darkgrey;}

div{
text-align:right;
background-image:url("BG1.jpg");
background-size:100% 100%;
background-repeat:no-repeat;
COLOR:WHITE;}

h2{
float:left;
margin-left:20%;
font-size:45px;}

.menucontainer
{
    margin-top:none;}

.menu{
    float:right;
    margin-bottom:10px;}

.menu a
{
    padding:10px;
    border: 1px solid lightblue;
    border-width:5px;
    text-decoration:none;
    color:white;
    margin-top:none;
    text-transform: uppercase;

```

```

        background:linear-gradient(skyblue,darkblue);}
</STYLE>
</HEAD>
<BODY>
<div class="menucontainer" STYLE="PADDING-TOP:50PX;">
<div class="menu">
<a href="DUMBBELL.HTML" class="active">DUMBBELL</a>
<a href="BAND.HTML">BAND</a>
<a href="FLOOR.HTML">FLOOR</a>
</div>
<H1>LETS DO GYMING!</H1>
<div>
<HR>
<h2>STANDING STRECH</h2>
<a href="BAND1.gif"><imgsrc="BAND1.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>DIAGONAL STRECH</h2>
<a href="BAND2.gif"><imgsrc="BAND2.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>EXC 1</h2>

```

<imgsrc="BAND3.gif">

<HR>

</div>

<div>

<HR>

<h2>EXC 1</h2>

<imgsrc="BAND4.gif">

<HR>

</div>

<div>

<HR>

<h2>EXC 1</h2>

<imgsrc="BAND5.gif">

<HR>

</div>

<div>

<HR>

<h2>EXC 1</h2>

<imgsrc="BAND6.gif">

<HR>

</div>

<div>

<HR>

<h2>EXC 1</h2>

<imgsrc="BAND7.gif">

<HR>

```

</div>
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND8.gif"><imgsrc="BAND8.gif"></a>
<HR></div>
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND9.gif"><imgsrc="BAND9.gif"></a>
<HR></div>
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND10.gif"><imgsrc="BAND10.gif"></a>
<HR>
</div>
<html>
<HEAD><TITLE>GYMING SECTION</TITLE>
<STYLE>
body{
background-color:lightseagreen;
color:white;}
H1{
background-color:Gainsboro;
text-align:center;

```

```
background:linear-gradient(pink,purple);}
```

```
img{
```

```
height:29%;
```

```
width:40%;
```

```
border-style:solid;
```

```
border-width:20%;
```

```
border-radius:15px 50px;}
```

```
HR{
```

```
color:darkgrey;}
```

```
div{
```

```
text-align:right;
```

```
background-image:url("BG1.jpg");
```

```
background-size:100% 100%;
```

```
background-repeat:no-repeat;
```

```
}
```

```
h2{
```

```
float:left;
```

```
margin-left:20%;
```

```
font-size:45px;}
```

```
.menucontainer
```

```
{
```

```
margin-top:none;}
```

```
.menu{
```

```
float:right;
```

```
margin-bottom:10px;}
```

```
.menu a
```

```

{
padding:10px;
border: 1px solid darkblue;
border-width:5px;
text-decoration:none;
color:white;
margin-top:none;
text-transform: uppercase;
background:linear-gradient(pink,purple);}
.menu a:hover{
background:linear-gradient(purple,pink);}
</STYLE>
</HEAD>
<BODY>
<div class="menucontainer" STYLE="PADDING-TOP:50PX;">
<div class="menu">
<a href="DUMBBELL.HTML" class="active">DUMBBELL</a>
<a href="BAND.HTML">BAND</a>
<a href="FLOOR.HTML">FLOOR</a>
</div>
<H1>LETS DO GYMING!</H1>
<div>
<HR>
<h2>HAMMER CURL</h2>
<a href="FLOOR1.gif"><imgsrc="FLOOR1.gif"></a>
<HR>

```


</div>

<div>

<HR>

<h2>LIFT UPS</h2>

<imgsrc="FLOOR2.gif">

<HR>

</div>

<div>

<HR>

<h2>SQAT SCOOP UP</h2>

<imgsrc="FLOOR3.gif">

<HR>

</div>

<div>

<HR>

<h2>POSTURE LIFT UPS</h2>

<imgsrc="FLOOR4.gif">

<HR>

</div>

<div>

<HR>

<h2>SIDE WINGS</h2>

<imgsrc="FLOOR5.gif">

<HR>

</div>

<div>

<HR>

<h2>SPLIT SQUAT PRESS</h2>

<imgsrc="FLOOR6.gif">

<HR>

</div>

<div>

<HR>

<h2>STANDING CHEST FLY</h2>

<imgsrc="FLOOR7.gif">

<HR>

</div><div>

<HR>

<h2>STRENGTHEN SQUATS</h2>

<imgsrc="FLOOR8.gif">

<HR>

</div><div>

<HR>

<h2>TONE AND STRENGTH</h2>

<imgsrc="FLOOR9.gif">

<HR>

</div><div>

<HR>

<h2>FIGURE 8 SQUEAT</h2>

<imgsrc="FLOOR10.gif">

<HR>

</div>

```
</BODY>
```

```
</html>
```

BAND.html:-

```
<html>
```

```
<HEAD><TITLE>GYMING SECTION</TITLE>
```

```
<STYLE>
```

```
body{
```

```
background-color:cyan;
```

```
color:white;}
```

```
H1{
```

```
background-color:Gainsboro;
```

```
text-align:center;
```

```
background:linear-gradient(cyan,DARKBLUE);
```

```
COLOR:WHITE;}
```

```
img{
```

```
height:29%;
```

```
width:40%;
```

```
border-style:solid;
```

```
border-width:20%;
```

```
border-radius:15px 50px;}
```

```
HR{
```

```
color:darkgrey;}
```

```
div{
```

```
text-align:right;
```

```
background-image:url("BG1.jpg");
```

```
background-size:100% 100%;
```

```

background-repeat:no-repeat;
COLOR:WHITE;}
h2{
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font-size:45px;}
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.menu{
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    margin-bottom:10px;}
.menu a
{
    padding:10px;
    border: 1px solid lightblue;
    border-width:5px;
    text-decoration:none;
    color:white;
    margin-top:none;
    text-transform: uppercase;
    background:linear-gradient(skyblue,darkblue);}
</STYLE>
</HEAD>
<BODY>
<div class="menucontainer" STYLE="PADDING-TOP:50PX;">

```

```
<div class="menu">
<a href="DUMBBELL.HTML" class="active">DUMBBELL</a>
<a href="BAND.HTML">BAND</a>
<a href="FLOOR.HTML">FLOOR</a>
</div>
<H1>LETS DO GYMING!</H1>
<div>
<HR>
<h2>STANDING STRECH</h2>
<a href="BAND1.gif"><imgsrc="BAND1.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>DIAGONAL STRECH</h2>
<a href="BAND2.gif"><imgsrc="BAND2.gif"></a>
<HR>
</div>
<div>
<HR>
<h2>EXC 1</h2>
<a href="BAND3.gif"><imgsrc="BAND3.gif"></a>
<HR>
</div>
<div>
<HR>
```

<h2>EXC 1</h2>

<imgsrc="BAND4.gif">

<HR>

</div>

<div>

<HR>

<h2>EXC 1</h2>

<imgsrc="BAND5.gif">

<HR>

</div>

<div>

<HR>

<h2>EXC 1</h2>

<imgsrc="BAND6.gif">

<HR>

</div>

<div>

<HR>

<h2>EXC 1</h2>

<imgsrc="BAND7.gif">

<HR>

</div>

<div>

<HR>

<h2>EXC 1</h2>

<imgsrc="BAND8.gif">

<HR> </div>

<div>

<HR>

<h2>EXC 1</h2>

<imgsrc="BAND9.gif">

<HR> </div>

<div>

<HR>

<h2>EXC 1</h2>

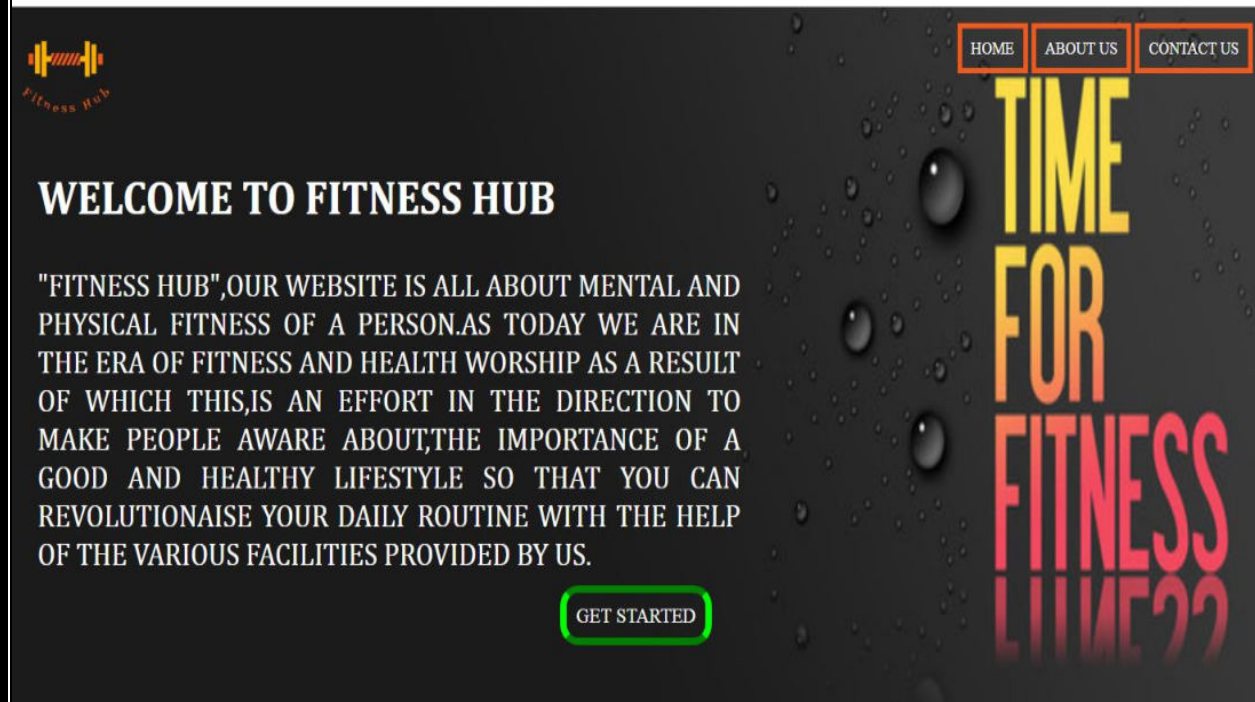
<imgsrc="BAND10.gif">

<HR>

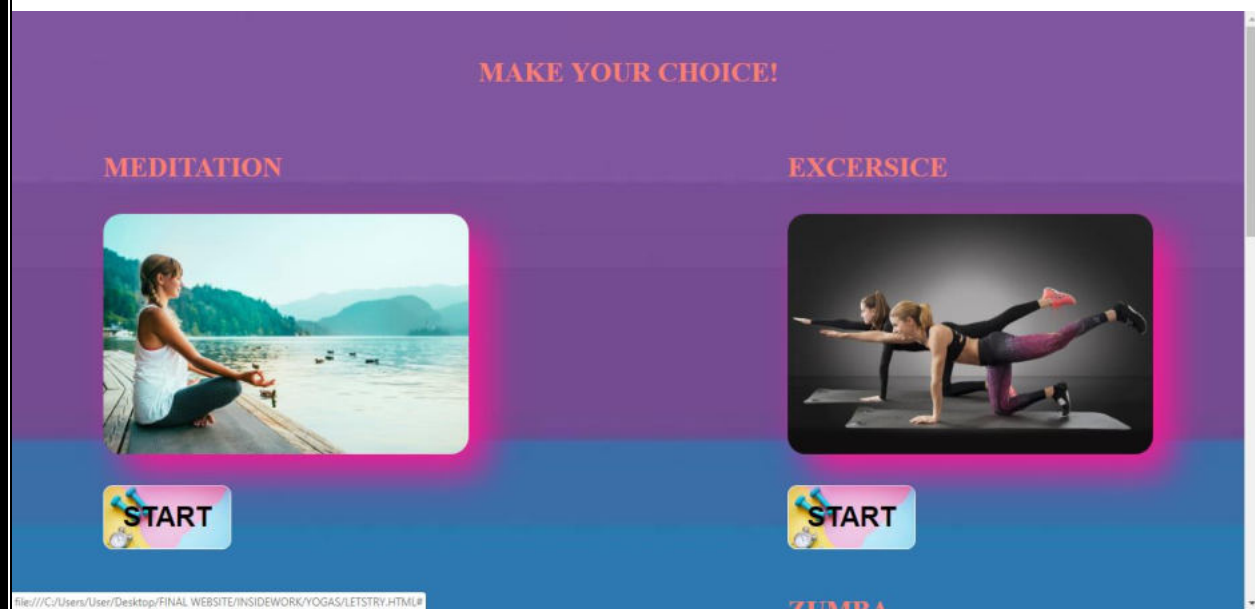
</div>

INPUT / OUTPUT SCREEN

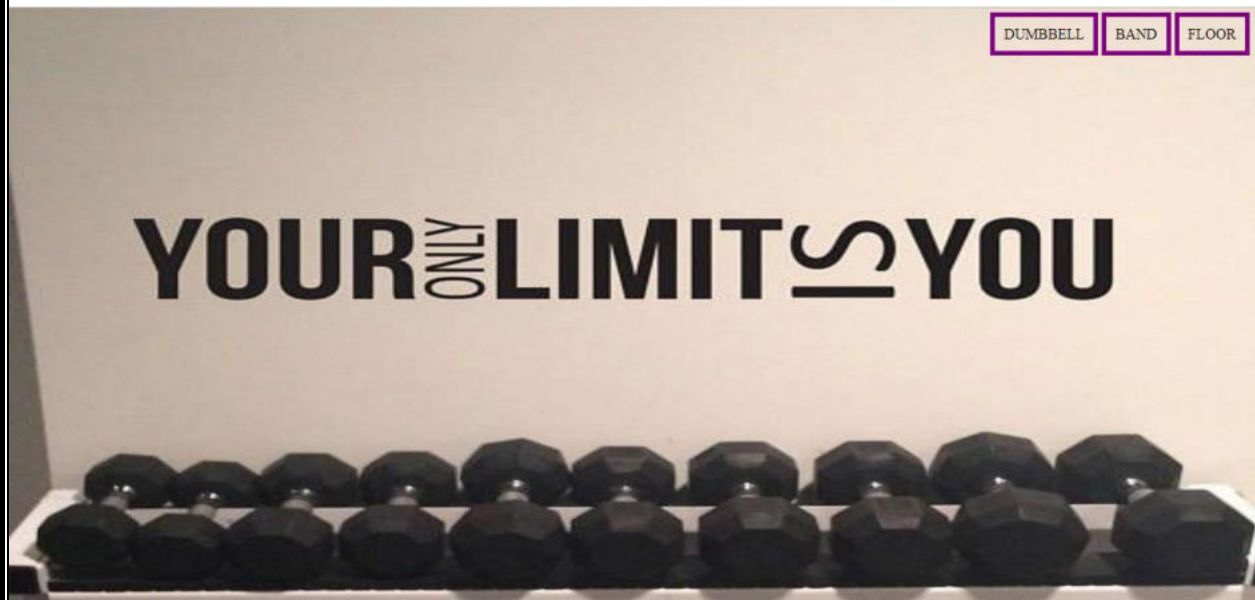
1)HOME:-



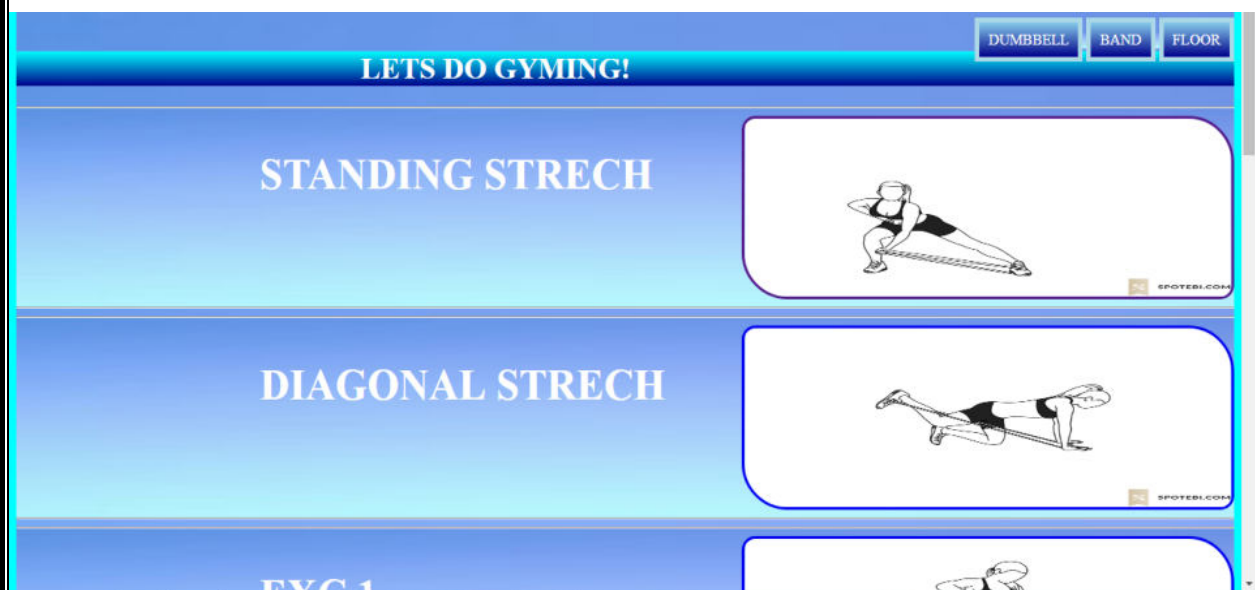
2)MAIN:-



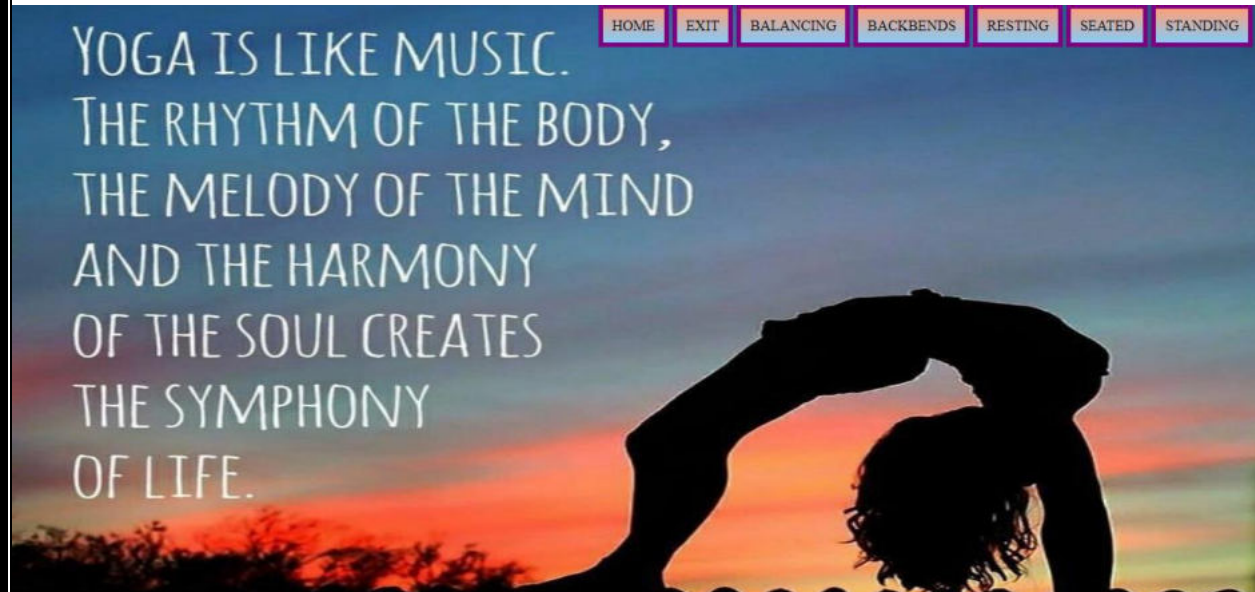
3)GYMING SECTION:-



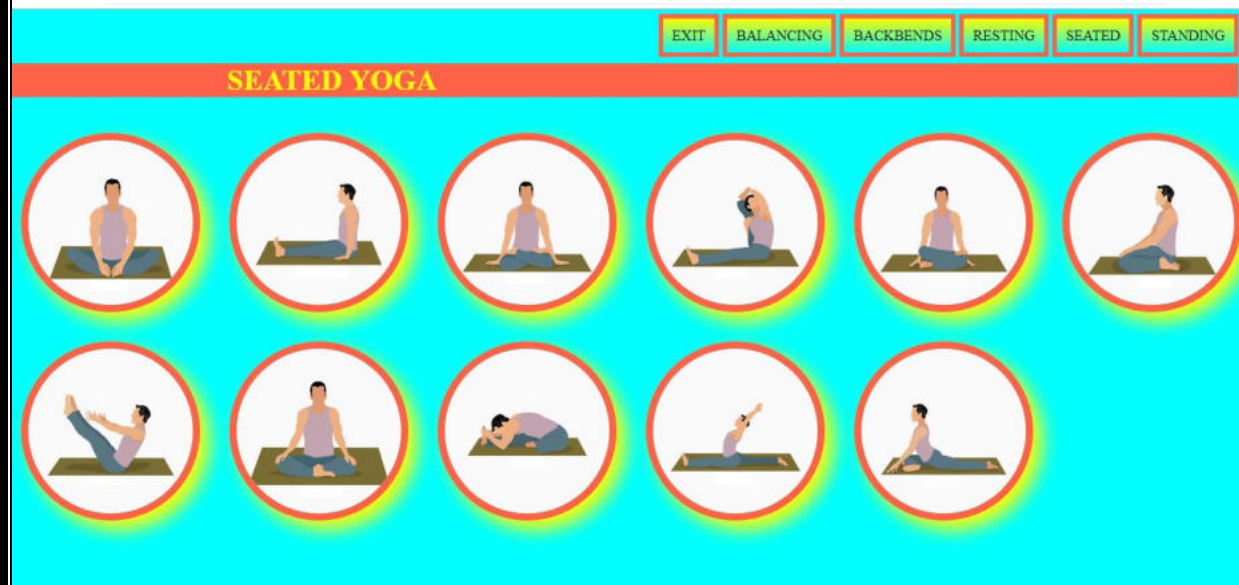
4)GYMING EXERCISE:-




5)YOGA SECTION:-



6)YOGA POSES



7)EXPLANATION OF THE POSE:-



TREE POSE

4. Step by Step Instructions

1. Begin standing in mountain pose.
2. Place the sole of your right foot on the inside of your left leg, above or below the knee.
3. Focus your gaze on one point ahead of you. Inhale and slowly raise your arms out to the sides and overhead. Touch your palms together in prayer
4. Relax your shoulders away from your ears. Push into the ground with your standing leg while lengthening the crown of your head toward the sky.
5. Stay in the pose for several breaths.
6. To come out of the pose, exhale and slowly release your arms by your sides. Lower your foot to the ground.
7. Repeat on the other side.

2. Benefits

Tree pose improves balance, concentration and focus. It lengthens the spine and improves mobility in the joints. The pose stretches the muscles of the lower body and backs of the legs


8)MEDITATION:-

MEDITATION:MAKE YOUR CHOICE

EXIT

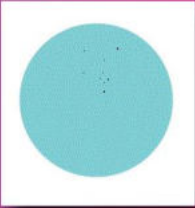
HOW?

DEEP BREATHING




WHAT IS

**CANDEL
MEDITATION**




WHAT IS

**DOT
MEDITATION**



WHAT IS

**OM
MEDITATION**



WHAT IS

**BUDDHA
MEDITATION**

9)CANDEL MEDITATION:-



10)EXPLANATION:-

Candle meditation

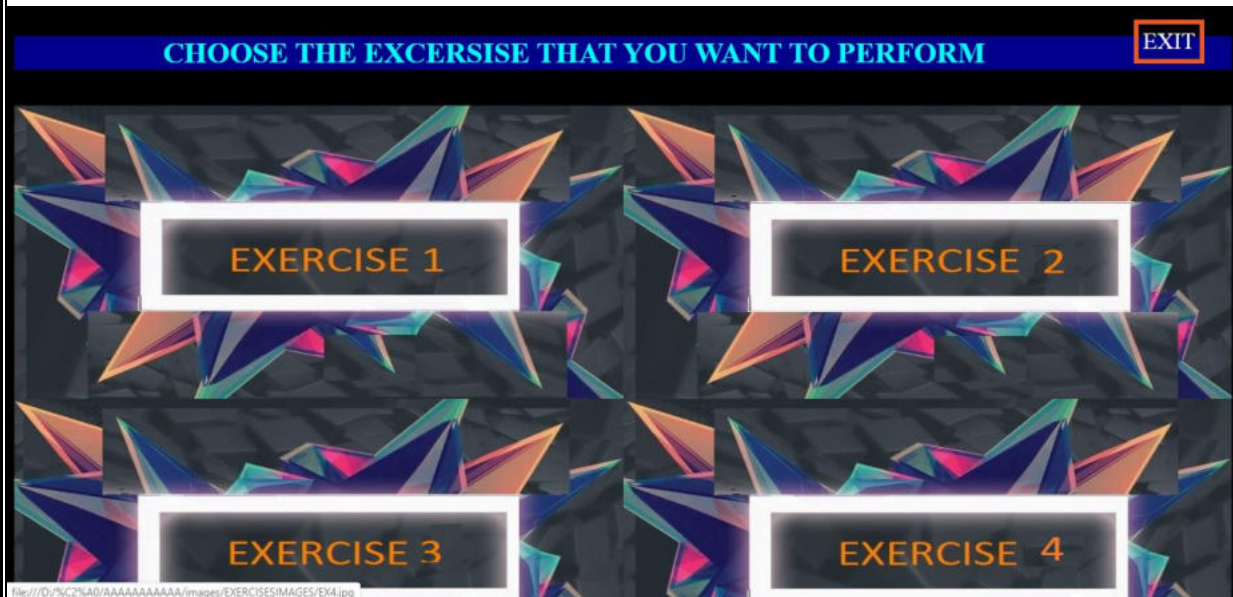
Candle meditation brings with it a powerful cleansing effect.

1. Close your eyes, align your breathing and relax.

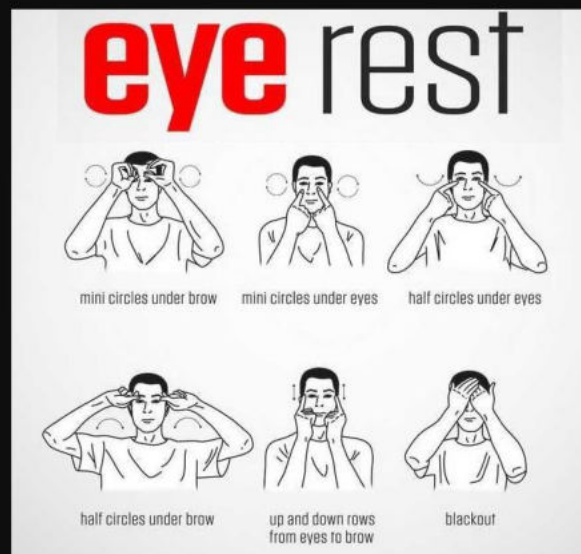
2. Direct your gaze to the flame of the candle and focus all your attention on it. Look at the center of the fire, where it is the brightest and strongest.

3. Imagine that you are consumed by fire. It fills the body, cleans and soothes.

11)EXERCISES SECTION:-



12)EXCERCISE GUIDE:-



TESTING AND VALIDATION CHECK

TESTING

Testing is an vital for the success of any system. System testing makes a logical assumption that if all the parts of the system are correct the goal will be successfully achieved. This is very important because an inadequate testing or non-testing leads to an error in the system

Certain type of testing involve here are

- 1. Volume Testing:-**We create as many records as would normally be produced to verify that the hardware and the software is working correctly or not.
- 2. Code Testing:-**Here code of system is checked and the testers ensure that there are no bugs or errors especially syntax error ,logical error with this,they also test the connectivity of the system.
- 3. Usability Testing:-**The useable test, verifies the user-friendly nature of the system. This includes the normal testing of the normal operating of the system and error-handling procedures.
- 4. Stress Testing:** To find out how much load can system handel.

VALIDATION CHECK:

This is an process of putting restrictions in the system so that no error can be generated and the data that is the input can be maintained properly. This is used mainly in the forms. Such as if I have putted an validation such as my textbox of phone number,will accept only number then it will not accept any input rather then number ,so in such case if an user enters a string then an erroe may display.

Validation check as follows

- 1. Only Characters:**This is used to insert only characters.
- 2. Only Numbers:** In this Validation, only numbers are allowed.
- 3. Character Length:** In this validation, only the predefined length of characters can be inputted.
- 4. Required fields should not be blank:** In this validation,nofielt should be unfilled in the form.
- 5. E-mail check:** In this validation, entered e-mail is checked.

IMPLEMENTATION, EVOLUATION, AND MAINTAINANCE

IMPLEMENTATION

System implementation constructs the new information system and puts it into operation. It is during system implementation that any new hardware and software are installed and tested. As a system components are constructed or installed they must be individually tested, and the complete system must also be tested to ensure that it works properly.

EVOLUTION

In this the scope of evolution is very vast.

The evolution can be as follows:-

- 1) It can be used by any fitness clubs.
- 2) Membership facility for the users can also be provided
- 3) More types of exercise can be included.

MAINTAINANCE

There are most of the chances that the system may show bugs at the time of maintenance. And mainly the only types of errors that occur are logic errors, system operational errors, user errors etc.

FUTURE SCOPE

The future scope of the a website an very important aspect, as it will decide what modifications and alterations are possible in future to make a website more dynamic and responsive in nature.

It can be used as an official website of a fitness club and under which subscription and membership services can also be provided to the visitors. Moreover it can also can be converted into a responsive website too.

Zumba tutorial can also be provided. We can also provide Google map services that will give the information to the visitors regarding the nearby gym, parks, yoga centers etc. We can also provide information regarding different chakras of meditation and its impact on our mind and body and what are its benefits.

Many more types of exercise can be included such as wall exercise, medicine ball exercises. Live chat facility can also be provided so that the visitors can directly contact with the fitness trainers and can ask their queries and also can appoint them as a personal trainer and a guide so that they can easily change the lifestyle.

CONCLUSION

Most of the things are provided at one place ,that is our website which is totally enough to change your lifestyle completely. This is an very interesting and an website with attractive interface which is easy to use. Our website have sections such as Yoga, Meditation, Diet plans, Gyming, Exercise .We have provided demonstration throught gifs so that it can be easily understood.

For your conveniences we have provided vegan diet plans, so that our diet plans are easily adaptable in nature. Moreover the exercise that we have provided is very easy to do at anyplace such as gardens, office, home and anywhere you want to get some relaxation.

We have not only provided a guide of meditation and a platform with the help of which you can really do meditation on our website but also we have demonstrated the meaning of that particular meditation and how it is done and what is its importance and in what manner it affects our mind and body. To increase your Focus an background music have been provided so that you can really get into it. To let you know about the importance of meditation we have also made you aware regarding why we do meditation.

This website will really be an helping hand cause of an proper illustration provided by us.

BIBLIOGRAPHY

For completion of our website we have taken reference from several source listed below.

- 1) Pinterest.com
- 2) Yoga poses app.
- 3) Meditation app.

**A
PROJECT SYNOPSIS
ON
“Fitness Hub”**

**Submitted to
Rashtrasant Tukadoji Maharaj Nagpur University,
NAGPUR**

**In the Partial Fulfillment of
B.Com. (Computer Application) Final Year**

Synopsis Submitted by

**Nikita Agnihotri
Shruti supathkar**

**Under the Guidance of
Pravin J. Yadao**



**G. S. College of Commerce & Economics
Nagpur
2019-2020**

1. Introduction:

“FITNESS HUB” is an website which will help people to change there lifestyle in a positive manner. As this website take into record the number of days, the exercise is done with the help of calendar, timer and also a background music. Moreover, this website will provide diet plans, 30 days challenge, yoga and workout guide, healthy recipes to boost up your energy level. This website also provides vegan diet plans so that it can be easily followed by the pure vegetarians

2. Objectives of the project:

- a) To promote fitness
- b) Increase daily fitness activities for all people
- c) Increase years of healthy life
- d) Reduce the number of people suffering from obesity
- e) To record diet plan

3. Project Category: Website

4. Tools/ Platform/ Languages to be used: HTML(3,5), CSS(3,5)

5. Scope of future application:

- a) Easy to use
- b) User friendly interface
- c) One can follow any diet plans as per their convenience
- d) Prevent people from different health problems

Submitted by,

Approved by,

Nikita Agnihotri

Prof. Pravin Yadao

Shruti Supathkar

Project Guide