

## 2024 HSC Design & Technology MAJOR PROJECT

# Designer Statement

### Name

Blake  
Bahlmann

### Title

Liftwise: Positive Gym  
Website

### Area of Design

Website design

The aim was to design, develop, and evaluate a gym training site that provides teens who are beginners with easy-to-follow, safe exercise tutorials, helping them learn proper techniques confidently.

The site will also educate users on gym safety and supplements, offering guidance to support informed decisions. With content tailored for all levels of gym-goers, it ensures users have the resources they need as they progress in their fitness journey.