

MARK RUTERE

FRONT-END DEVELOPER
CREATIVE DESIGNER
UI/UX DESIGNER
DIGITAL ARTIST



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WEB DEVELOPMENT





UN HABITAT - NZCA4A PROJECT

Designed & developed website for UN Habitat's Net Zero Carbon Architecture for Africa Project. Designed in Figma and created additional resources/edits with Affinity Suite. Developed with ReactJS & TailwindCSS design system

Key Features:

- Low/High Fidelity Wireframes (Figma)
- Web Development (NodeJS, ReactJS, TailwindCSS, Sass, GulpJS, eCharts-GL, ThreeJS, MeteoBlue API)
- Multi-lingual interface
- Climatic Data tool
- Image Galleries
- Carbon Calculator
- Knowledge Base Search Functionality

[VISIT WEBSITE](#)

COUNTRY

Select Country

CITY

Select City

KEY

ZONE I: HOT HUMID

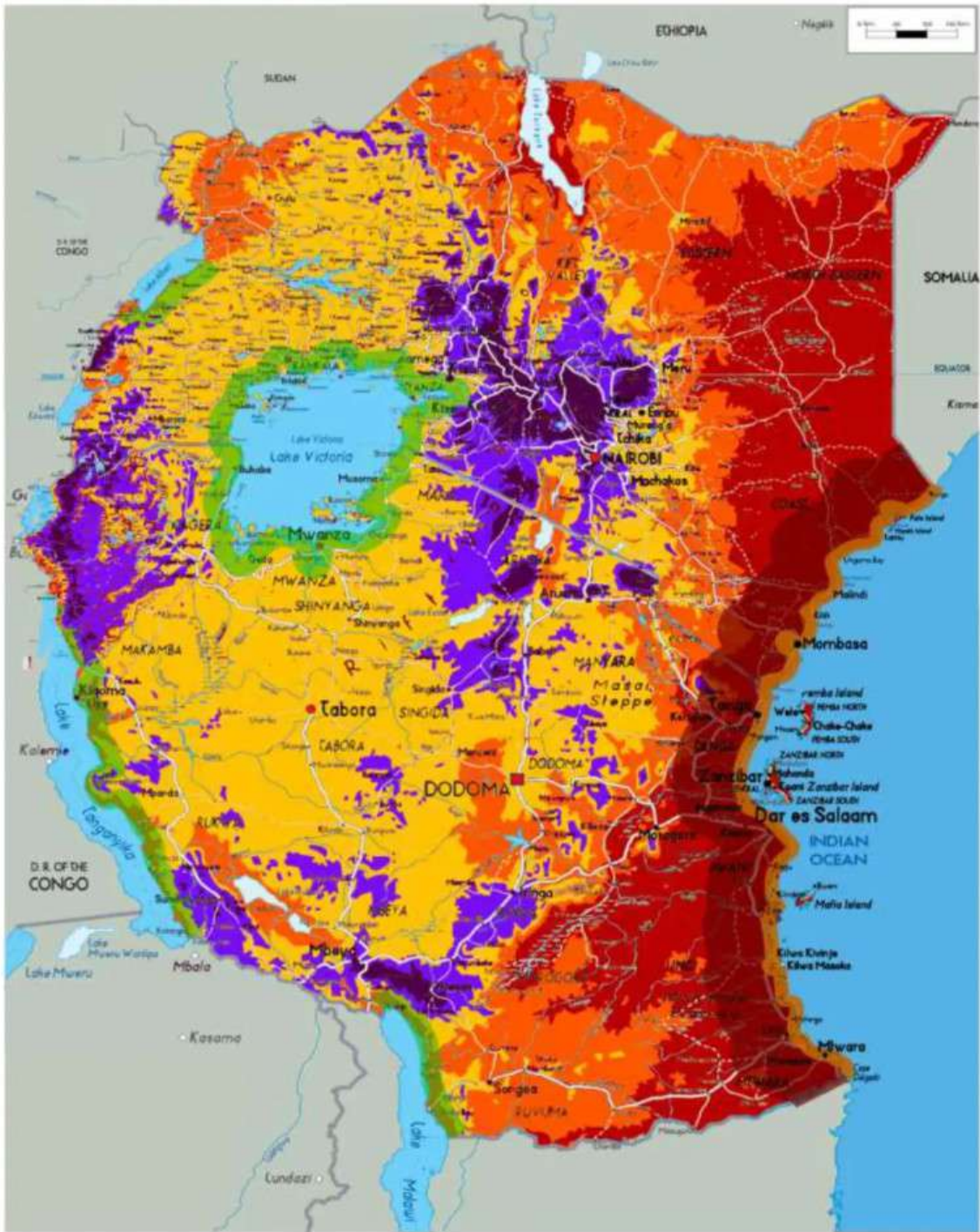
ZONE II: HOT ARID

ZONE III: HOT SEMI ARID/SAVANNAH

ZONE IV: GREAT LAKES

ZONE V: UPLAND

ZONE VI: HIGH UPLAND



CONTINUE

30 to 40% of CO₂ emission are from buildings.

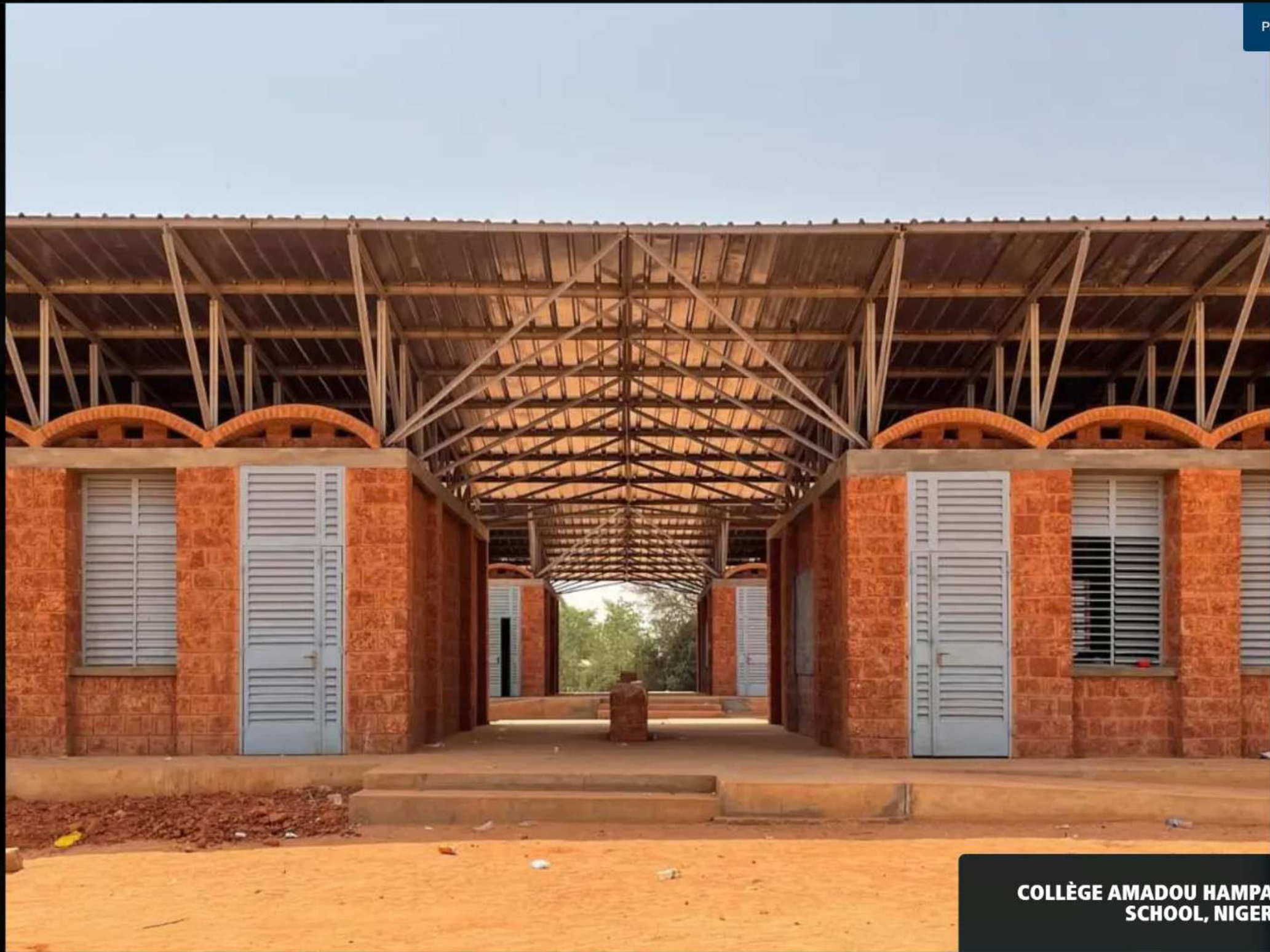


Photo Credit: © Toby Pear

COLLÈGE AMADOU HAMPATÉ BÂ HIGH SCHOOL, NIGER



Electricity Consumption

2400

Per Year

Unit

KWH

OR

Single Person Household

CALCULATE CARBON FOOTPRINT

Carbon Emissions

60.20 kg CO₂

Carbon Emission Rating

Low to Medium Rating



MURAGE JUMA & COMPANY ADVOCATES
COMMISSIONERS FOR OATHS & NOTARIES PUBLIC

LIGHT

MENU

Dedicated to Justice, Driven by Integrity.

Empowering you in every legal challenge.

Founded in 2016 by Joseph Nicholas Murage & Juma Kagoro, the firm of Murage Juma and Co. was established to offer stellar legal services at all echelons of legal practice in Kenya. Murage Juma and Company (MJC) comprises of a vibrant result-oriented team whose experience, dynamism & decisive problem solving skills enable us to have & maintain the fast paced growth & diversity of our Client Base.

MJC is and shall always be committed to quality service delivery & remains alert to market demand.



MURAGE JUMA & COMPANY ADVOCATES

Designed & developed website for the Law Firm. Designed in Figma and created additional resources/edits with Affinity Suite. Developed with ReactJS & TailwindCSS design system, while utilizing Google Cloud Platform for a custom CMS

Key Features:

- Low/High Fidelity Wireframes (Figma)
- Web Development (NodeJS, ReactJS, TailwindCSS, Sass, GulpJS, GCP, Google SSO, Firebase, EmailJS, Hcaptcha)
- Custom CMS
- Secure Messaging
- Resonponsive Design
- Google & Bing SEO and Business Profiles

[VISIT WEBSITE](#)



Welcome, Mark Mutai!

Back to Home



Edit Legal Bugle



Logout



Physical Address:

Rehani House, 8th Floor Koinange Street, Nairobi, Kenya





Update the legal bugle section

Test

Vestibulum risus nibh, auctor id mi sed, feugiat pulvinar nisi. Etiam hendrerit diam in leo ornare, ac ultrices nunc accumsan. Morbi ac erat eu metus dignissim pretium. Maecenas elementum, odio molestie vehicula aliquam, nunc elit gravida enim, eget pellentesque augue lacus sit amet eros. Curabitur tempus pharetra mattis. Suspendisse a sem dui. Donec at hendrerit sapien. Pellentesque auctor eros eu iaculis ultrices. In posuere, nulla eu condimentum egestas, dolor quam facilisis elit, in semper magna erat et ipsum. Morbi tristique vestibulum velit.

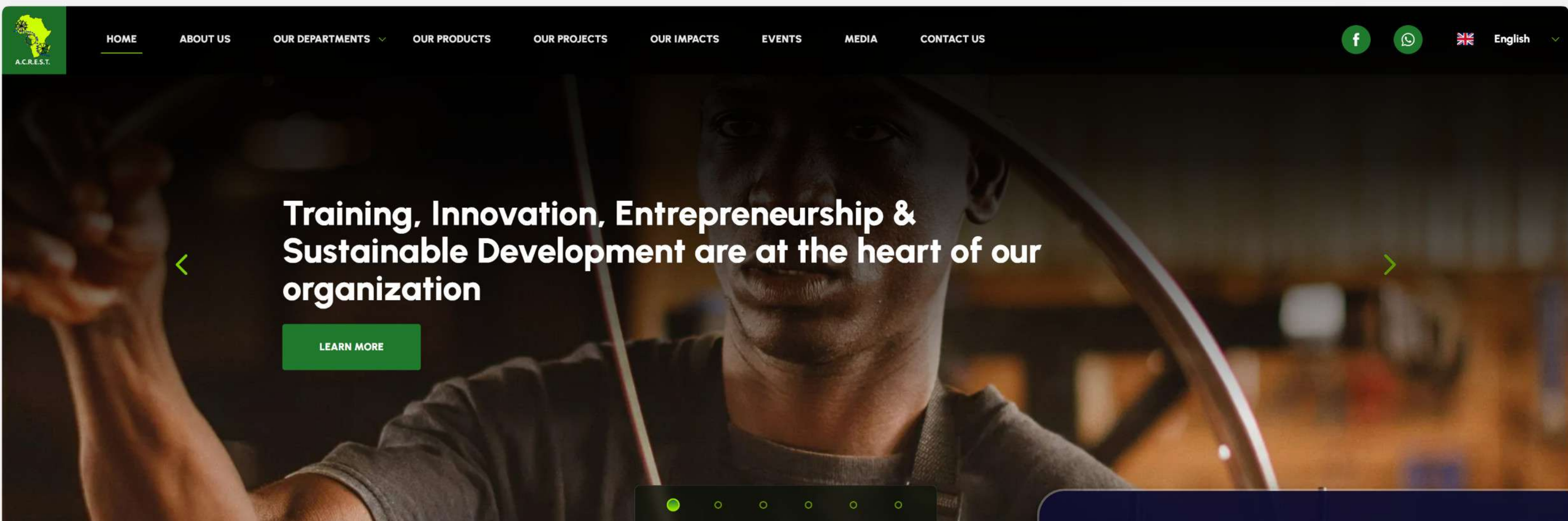
Fusce nisi neque, semper sed rutrum quis, hendrerit in eros. Sed vehicula justo non placerat porta. Suspendisse finibus magna non neque pretium accumsan sit amet at eros. Nullam volutpat ullamcorper diam, ut auctor tellus porttitor in. Quisque et finibus ligula. Aenean gravida nunc at turpis interdum, sed blandit neque pulvinar. Nam porttitor molestie tellus. Vestibulum eget augue aliquam, egestas mauris quis, ultricies arcu. Sed ut euismod nibh. Fusce feugiat hendrerit pulvinar.

Ut purus est, viverra quis volutpat ac, consequat eget nulla. Ut ac ante in orci commodo varius. Quisque sed consectetur enim, ut vestibulum velit. Fusce vitae tellus nisl. Aenean sit amet tortor congue, ultricies nisi lobortis, ultrices ligula. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia curae; Donec dignissim felis sed leo scelerisque dapibus. Mauris ullamcorper ligula sed odio maximus, sit amet blandit sem dapibus. Aenean sed viverra quam, non posuere sem. Fusce quis efficitur tellus. Maecenas tincidunt eu massa id ornare. Nullam bibendum, ipsum sit amet vulputate egestas, nisi metus pulvinar elit, ut tempus nisi ante id leo.

Select Image (if necessary):

No File Chosen





Challenges In Africa

Africa faces numerous challenges, including poverty, rapid population growth, climate change, social inequalities, rapid and continuous environmental degradation, and high youth unemployment (over 70% of the population). Additionally, there is a lack of energy, transportation, waste management, drainage, and green spaces. These challenges are now widely recognized as major obstacles to sustainable development.

Our Missions

ACREST.ORG

Designed & developed website for an NGO Group based in Cameroon. Developed with ReactJS & TailwindCSS design system, while utilizing Google Cloud Platform for a custom CMS.

Key Features:

- Web Development (NodeJS, ReactJS, TailwindCSS, Sass, GulpJS, GCP, Google SSO, Firebase, EmailJS, Hcaptcha)
- Custom CMS for Events, Projects & Blog Posts
- Secure Messaging
- Resonponsive Design

[VISIT WEBSITE](#)



scroll down

WHERE YOUR WELLNESS COMES FIRST



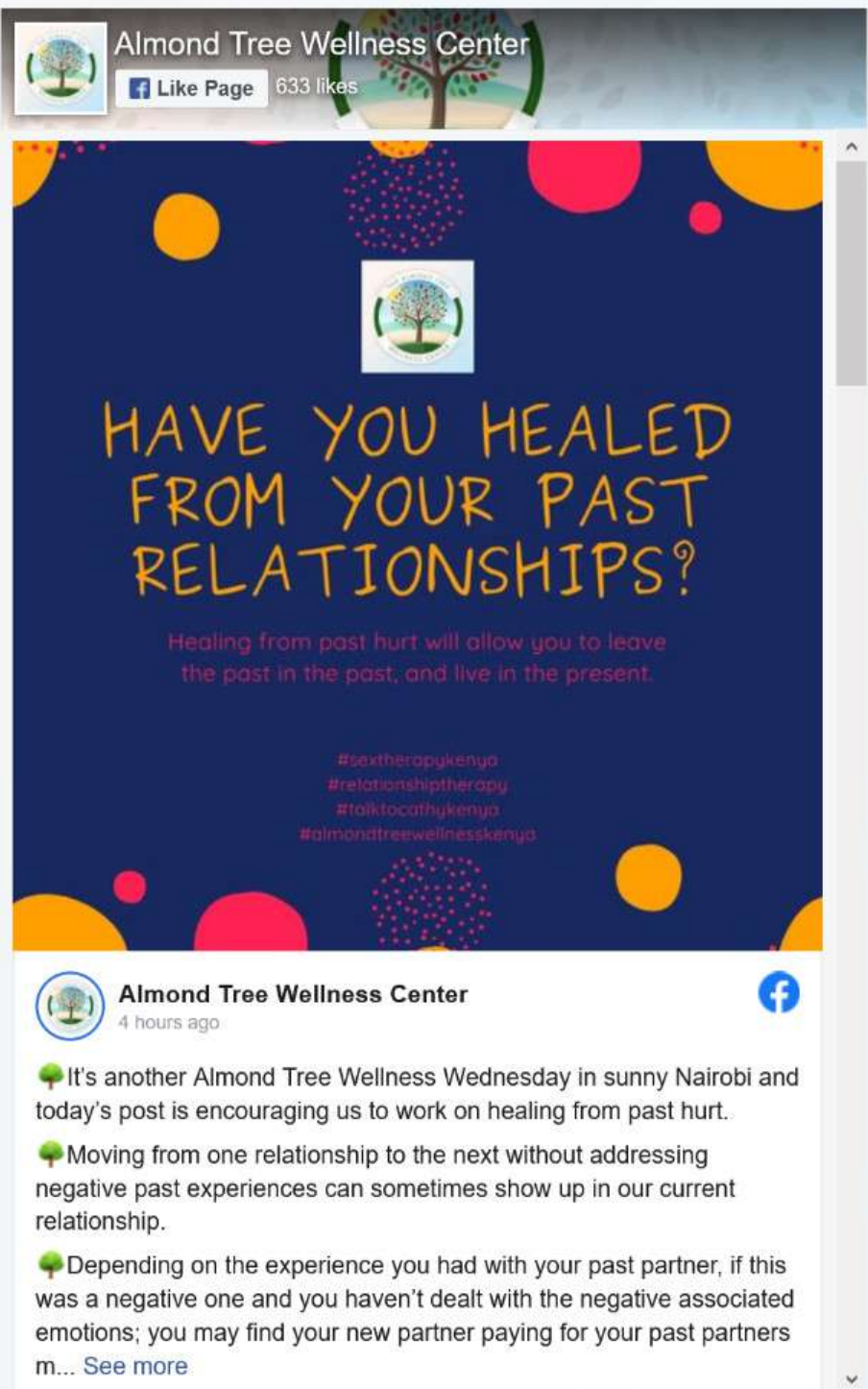
The Indian Almond Tree in full growth provides solace from natural elements like the sun, wind & rain; its leaves are a mix of green & dark red, & the actual almond seed is hard & green in colour – difficult to get through but possible to break. The Almond Tree Wellness Center originated from this concept where a single tree provides refuge for many & sometimes talking about sensitive issues are difficult but very possible, with the right approach.

“Sexuality is central & an all-pervasive theme of human existence...
a fundamental aspect of human nature ”

Levay, Baldwin & Baldwin (2015)

At our center, we offer a safe & confidential environment to discuss any issues without fear, judgement or shame; we encourage our clients to share any relationship or sexual related issues to improve their well-being which is very important to us. Whether you require a consultation on your own or with your spouse our professional counsellor will be able to listen & cater to the concerns raised.

facebook



ALMOND TREE WELLNESS CENTER

Using the newly created logo made for the company, the site was based on the calming effect of a beach side to give the target visitor a more relaxed feeling while browsing

Key Features:

- Web Design (Affinity Designer)
- Web Development (PHP, NodeJS, Sass, TailwindCSS)
- Integrated Microsoft® Booking system (Microsoft® 365)
- Secure Messaging (Google® ReCaptcha, AWS)
- Secure Payment Portal (PesaPal)

[VISIT WEBSITE](#)

CONTACT US



Company Profile

The TutorHut is a fully online platform that offers academic and professional support to students from all academic curricula as well as professionals. We strive to offer a safe, comfortable and welcoming environment with the readiness to teach, coach, educate and mentor our students.

We are dedicated to teach and guide students to better performance right from their Foundational stage to matriculation. We offer customized 40-60 min live sessions through our online platform that are tailored to meet the clients' specific needs.

Our tutoring classes comprise of IGCSE, the 8-4-4 system, Competency Based curriculum (CBC), topics sessions and different languages. We have well trained and experienced tutors who are hand-picked to coach our students based on their expertise and the student's needs.



Angatia Angelyme
Director/CEO, The TutorHut

Mission

Quality support & empowerment
We are here to provide Quality Tutoring & Support to students as well as empowering them to achieve success. We offer a safe, comfortable, & welcoming environment that provides quality training & mentorship to support student learning

Vision

Our vision is to be an elite learning platform offering tangible solutions to learners through coaching, educating, and mentoring future and current professionals.

Our Core Values



Quality

We have well trained and experienced tutors from all academic curriculums



Growth

We offer a safe, comfortable and welcoming environment that provides quality training and mentorship to support student learning



Success

An elite learning platform offering tangible solutions to learners through coaching, educating, and mentoring future and current professionals

Why Us?

Quality

We have competent and experienced tutors who will not only teach but also nurture you in your academic growth.

Tailored and specialized tutoring

We have developed our own tutoring manuals In reference to study materials recommended by the ministry of education.

Easily Accesible

We are fully online and use the easiest online platform for our live classes.

Availability

Our tutors are readily available and sessions are scheduled as per the student's recommendation.

REGISTER WITH US

[VIEW FEE STRUCTURE](#)

facebook



THE TUTORHUT KENYA

Developed website for The TutorHut - Online Tutoring

Key Features:

- Web Design (Affinity Designer & Figma)
- Web Development (NodeJS, ReactJS, Typescript, TailwindCSS, Sass, GulpJS)
- Secure Messaging (EmailJS, Hcaptcha)



welcome to carbylon
simplifying the carbon world

60 YEARS OF EXCELLENCE

about our founder

Since I was 7 years old I have held a vision: a world without people would look much better. People make noise, cut trees, disturb birds and cause global warming. Now that I am turning 60, I take a bold step that will divide the world in 2, you are with me or you get lost in a world that gets dominated by carbon.



our story

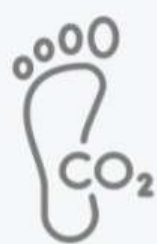
In early 2000 I started carbonmetrics, we were measuring GHG emissions and negotiated the Dutch carbon emissions trading platform.

The world looked simple: As a company you measure and you reduce your CO2 emission to remain under your ceiling. If you exceed you buy from a company that has a surplus of CO2.

It was just me with a few others who were dealing with the matter. Fast forward: 70,000 people visiting CoP28, creating the Carbon Babylon where we are today.

We need change!

services we offer



A babylonian confusion in the form of a pile of tens of thousands of guidelines and protocols on greenhouse gas has descended on humanity as a penalty for our contribution to global warming.

CARBYLON

Web design and development for Carbylon, an environmental carbon neutrality business

Key Features:

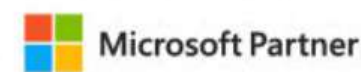
- Web Design (Affinity Designer/Photo, Figma)
- Web Development (NodeJS, ReactJS, TailwindCSS, Sass, GulpJS)

[VISIT WEBSITE](#)



IT Solutions That Work for A Modern Workplace

An I.T. Company specializing in cloud computing, modern workplace solutions & managed services. Registered AWS Partner (APN 1339079) & Microsoft Partner (MPN 5247970) offering licensing, road mapping, implementation, user productivity, user adoption, security, & ongoing managed services at competitive pricing.



CLOUD MIGRATION

Cost Effectiveness

Running and maintaining your own IT servers is expensive. You need to purchase the right equipment and hire technicians to install and manage it. In addition, you need to constantly maintain and keep the hardware as well as necessary software licenses and infrastructure updated. When you shift to the cloud, you will only pay for the services procured. This allows you to consolidate and have better control over your IT budget since you pay only for what you use.

Security

Storing data and running resources on the cloud is a lot safer than on a local physical server. A breach of security at your premises can lead to compromised data and potential business downtime. If your data sits on the cloud, breaching the security measures on this platform is difficult because it's multi-layered and teams of cybersecurity experts work together to help safeguard this. Cloud computing also helps your business meet compliance standards requirements.

Availability

One of the major benefits of running services and resources on the cloud is, it gives you and your team the flexibility to continuously work anywhere at any time from any computing device with an internet connection. Being on the cloud allows your business to ensure efficient collaboration across locations, departments and regions and effective sharing of information with other parties such as customers, contractors, partners and

LINCHPIN LTD.

Redesigned/redeveloped website for Linchpin Kenya. Migrated from PHP to ReactJS for a more modern version with room for growth, efficiency & flexibility.

Key Features:

- Web Design (Affinity Designer)
- Web Development (NodeJS, ReactJS, TailwindCSS, Sass, GulpJS)
- Foundation for Future Payment Portal (M-Pesa)
- Secure Messaging (Google® ReCaptcha, AWS)

[VISIT WEBSITE](#)



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Availability

One of the major benefits of running services and resources on the cloud is, it gives you and your team the flexibility to continuously work anywhere at any time from any computing device with an internet connection. Being on the cloud allows your business to ensure efficient collaboration across locations, departments and even regions and effective sharing of information with other parties such as customers, contractors, partners and many more.



LIGHT MODE

**NYOKABI KAMOTHO**

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sit velit, nunc malesuada volutpat id amet nisi, aliquet. Varius rutrum aliquam vitae quam vitae, quisque. Lectus id suspendisse nam ac facilisi sed fringilla. Eu arcu massa, ac pellentesque sapien aliquet. Semper velit, lacus, urna, turpis vel turpis morbi nisl, dapibus. Vitae pharetra et, quis proin.

Etiam faucibus sodales nec nisl eget massa. Urna pellentesque porttitor id at quis pharetra arcu, sociis malesuada. Scelerisque orci adipiscing pellentesque varius ipsum platea odio. At pharetra nunc consequat, dui. Facilisis sagittis nulla suspendisse quam nisi sagittis massa. Habitasse suspendisse facilisis viverra nec pretium. Nam laoreet lorem posuere enim viverra. Eros curabitur nunc imperdiet imperdiet id nisi sit diam.

RESOLYOUCOPYRIGHT © 2022, RESOLYOU
ALL RIGHTS RESERVED.

DESIGNED BY LINCHPIN

RESOLYOU.ORG

Developed website for ResolYou.org

Key Features:

- Web Design (Figma, Affinity Designer)
- Web Development (NodeJS, ReactJS, Typescript, TailwindCSS, Sass, GulpJS)
- Secure Messaging (HCaptcha, EmailJS)

[VISIT WEBSITE](#)



DARK MODE



NYOKABI KAMOTHO

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Sit velit, nunc malesuada volutpat id amet nisi, aliquet. Varius rutrum aliquam vitae quam vitae, quisque. Lectus id suspendisse nam ac facilisi sed fringilla. Eu arcu massa, ac pellentesque sapien aliquet. Semper velit, lacus, urna, turpis vel turpis morbi nisl, dapibus. Vitae pharetra et, quis proin.

Etiam faucibus sodales nec nisl eget massa. Urna pellentesque porttitor id at quis pharetra arcu, sociis malesuada. Scelerisque orci adipiscing pellentesque varius ipsum platea odio. At pharetra nunc consequat, dui. Facilisis sagittis nulla suspendisse quam nisi sagittis massa. Habitasse suspendisse facilisis viverra nec pretium. Nam laoreet lorem posuere enim viverra. Eros curabitur nunc imperdiet imperdiet id nisi sit diam.

RESOLYOU

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1ST FLR. TEST ADDRESS, ABCD PLACE

WAIYAKI WAY, WESTLANDS

P.O. BOX 123456-00200

NAIROBI, KENYA.

IT Solutions That Work for A Modern Workplace

An I.T. Company specializing in cloud computing, modern workplace solutions & managed services. Registered AWS Partner (APN 1339079) & Microsoft Partner (MPN 5247970) offering licensing, road mapping, implementation, user productivity, user adoption, security, & ongoing managed services at competitive pricing.



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Cost Effectiveness

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welcome to carbylon
simplifying the carbon world

60 YEARS OF EXCELLENCE

about our founder

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RESOLYOU



CONFLICT RESOLUTION
RESOLYOU.ORG



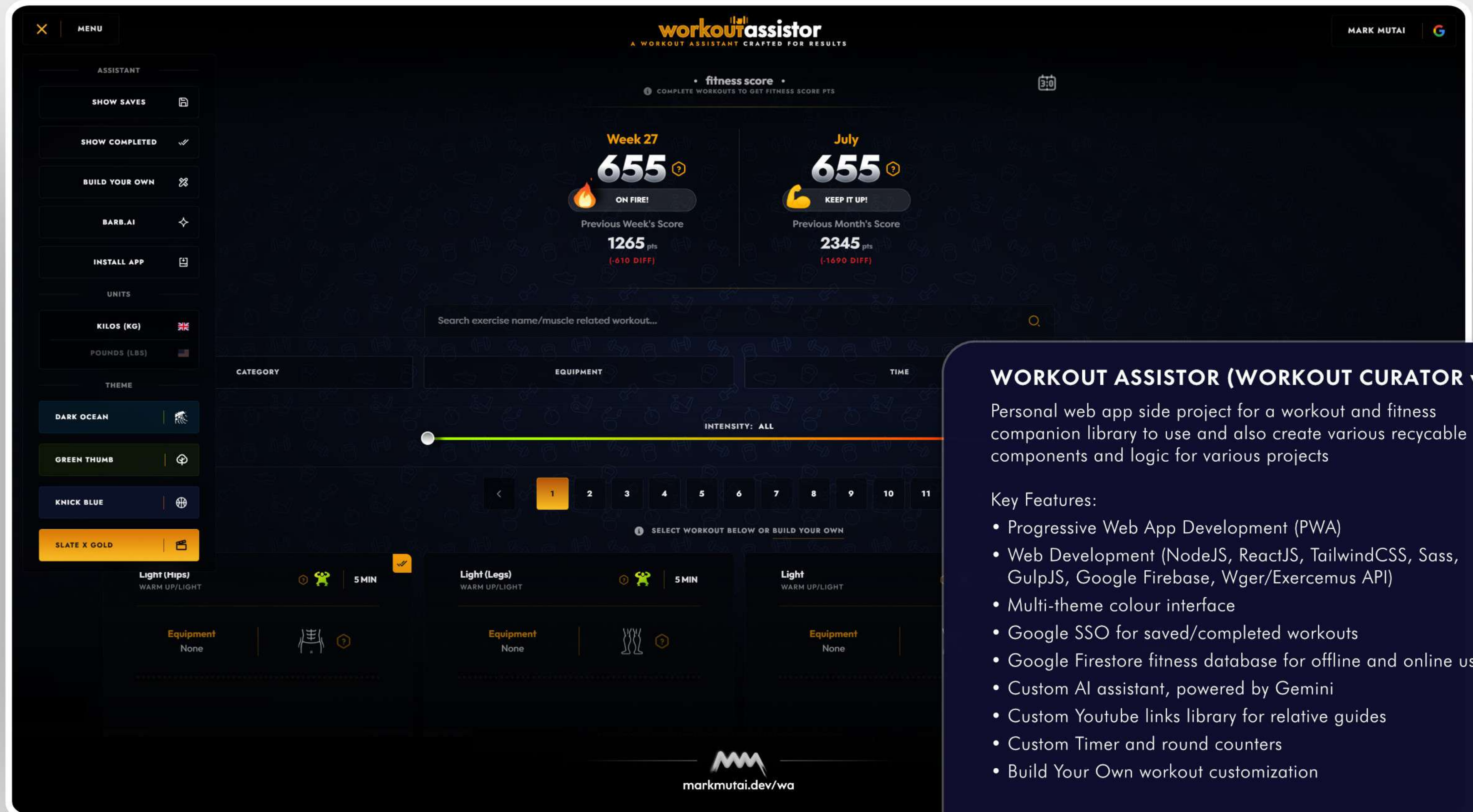
RESOLYOU



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A P P D E V E L O P M E N T





WORKOUT ASSISTOR (WORKOUT CURATOR v2)

Personal web app side project for a workout and fitness companion library to use and also create various recycable components and logic for various projects

Key Features:

- Progressive Web App Development (PWA)
- Web Development (NodeJS, ReactJS, TailwindCSS, Sass, GulpJS, Google Firebase, Wger/Exercemus API)
- Multi-theme colour interface
- Google SSO for saved/completed workouts
- Google Firestore fitness database for offline and online use
- Custom AI assistant, powered by Gemini
- Custom Youtube links library for relative guides
- Custom Timer and round counters
- Build Your Own workout customization



[VISIT WEBSITE](#)

CATEGORY

AMRAP 10
AS MANY ROUNDS AS POSSIBLE

10 MIN

Equipment
Mixed



10:00

PRESS CLOCK OR BUTTON TO START/PAUSE

START


30 Double Unders

15 Wall Ball 9/6 kg

10 KB Swings 24/16 kg

5 Burpees

SELECT EXERCISE FOR VIDEO, OR
ASK BARB.THE BADASS REP-RIPPING BARBIE.AI



21-18-15-12-9-6-3

ROUNDS (MULTI)

Equipment

Mixed



OPTIONS

⋮

0:00

PRESS CLOCK OR BUTTON TO START/PAUSE

START

PR - 0:54

HIDE HISTORY

Performance History

TUE, 24/06/2025

7 ROUNDS | TIME: 16:08

RND1	RND2	RND3	RND4
4:58	2:34	2:22	2:23
RND5	RND6	RND7	
1:43	1:14	0:54 ^{SB} _{PR}	



HIDE HISTORY

Performance History

TUE, 24/06/2025

7 ROUNDS | TIME: 16:08

RND1
4:58

RND2
2:34

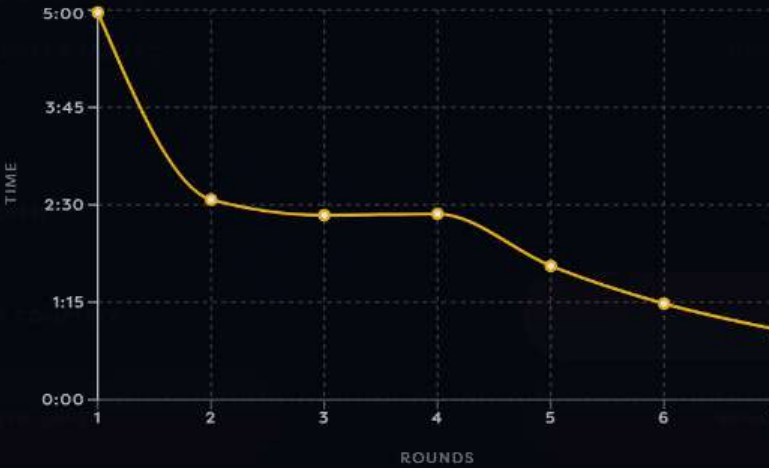
RND3
2:22

RND4
2:23

RND5
1:43

RND6
1:14

RND7
0:54^{SB}_{PR}



EDIT NOTE

DELETE NOTE

30 Double Unders Buy-in
Push Jerks 40kg
Chest-to-bar Pullups 7,6,5,4,3,3,3

DELETE LOG

CLEAR HISTORY

BEAST MODE

ASK BARB.AI

Gemini

✕

Listen up, those double unders are a beast. Start slow, focus on that rhythm. Don't try to go all out from jump street. Practice your single unders until they're smooth as silk, then gradually introduce the doubles. Short bursts, rest, repeat. Consistency is key, fam. The link shows you the proper form. Master that first.

Previous Week's Score
1265 pts
(-610 DIFF)

Previous Month's Score
2345 pts
(-1690 DIFF)

Search exercise name/muscle related workout...



ONLINE SAVED LIST

CLOSE



3 Rounds
ROUNDS (MULTI)



Equipment
None



30 Pushups

40 Situps

50 Air Squats

OPEN

MARK AS COMPLETE

REMOVE SAVE

The Five XII - 10 Rounds
ROUNDS (MULTI)



30 MIN

Equipment
Mixed



5 Deadlifts 43/35 kg

5 DB Push Press 22.5/15 kg

5 Goblet Squats 22.5/15 kg

5 Barbell Rows 43/35 kg

60s Rest

OPEN

MARK AS COMPLETE

REMOVE SAVE

3 Rounds
ROUNDS (MULTI)



Equipment
Mixed



6 Rope Climb

5 Deadlifts 102/70 kg

10 Burpees Over Bar

400m Run Last Round

OPEN

MARK AS COMPLETE

REMOVE SAVE

The Seven - 7 Rounds
ROUNDS (MULTI)



Equipment
Mixed



7 Handstand Pushups

7 Bar Thrusters 60/43 kg

7 Knees to Elbow

7 Deadlifts 110/75 kg

7 Burpees

7 KB Swings 32/24 kg

7 Pull ups

COMPLETED DATES

COMPLETED: SAT, 28/6/2025



MARK COMPLETE

CLEAR ALL DATES

CLOSE OPTIONS

AMRAP 30
AS MANY ROUNDS AS POSSIBLE



30 MIN

AMRAP 21
AS MANY ROUNDS AS POSSIBLE



21 MIN

AMRAP 20
AS MANY ROUNDS AS POSSIBLE



20 MIN

21-15-9
ROUNDS (MULTI)



markmutai.dev/wa

CATEGORY

WORKOUT

FOCUS AREA

AMRAP 10
AS MANY ROUNDS AS POSSIBLE



10 MIN

Equipment
Mixed



08:59

PRESS CLOCK OR BUTTON TO START/PAUSE

PAUSE

END

ADD COMPLETED ROUND

6 Rounds Completed

RND1

00:12

RND2

00:10

RND3

00:12

RND4

00:06

RND5

00:05

RND6

00:13

30 Double Unders

15 Wall Ball 9/6 kg

10 KB Swings 24/16 kg

5 Burpees

3810 x 1912



markmutai.dev/wa



MENU

workoutassistant

A WORKOUT ASSISTANT CRAFTED FOR RESULTS

CLOSE



HIDE BUILDER

SELECT SETS, REPS, EXERCISE. ADD WEIGHT IF NECESSARY

Exercise...

Sets

Reps/Time (s)/Distance (m)

Weight

Kg/Lbs

ADD EXERCISE

OR USE BARB.AI

OPTIONS ARE IF NECESSARY & CAN BE LEFT BLANK

CLEAR OPTIONS

Focus Areas

Skill Level

Intensity

Goal

Health Conditions

No. of Exercises

Kg/Lbs

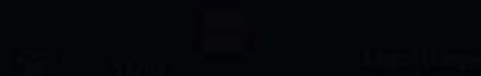
GENERATE WORKOUT

POWERED BY
Gemini

YOUR WORKOUTS

BICEPS | ABS

CLICK/TAP EXERCISE FOR VIDEO GUIDE
SELECT OPEN TO EDIT SETS/REPS/WEIGHTS

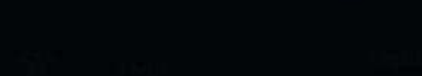


3x12 Alternate Hammer Curl @ 16kg

3x12 Sit-Up

QUADS | LOWER BACK | LATS

CLICK/TAP EXERCISE FOR VIDEO GUIDE
SELECT OPEN TO EDIT SETS/REPS/WEIGHTS



1x1500 Running, Treadmill

3x3 Barbell Deadlift @ 80kg

GLUTES | MIXED | MIDDLE BACK

CLICK/TAP EXERCISE FOR VIDEO GUIDE
SELECT OPEN TO EDIT SETS/REPS/WEIGHTS



4x12 Barbell Hip Thrust @ 80kg

6x20 Glute Bridges

3x15 Romanian Deadlifts @ 60kg

3x12 Pull-ups

3x15 Bent-Over Rows @ 50kg

Light (Hips)
WARM-UP/LOG

Equipment
None

5 MIN



markmutai.dev/wa

OPTIONS

00:00

Run As Stopwatch/Timer

START

EDIT

BARBELL HIP THRUST

DELETE

Set 1:
12 @ 80kg

Set 2:
14 @ 80kg

Set 3:
16 @ 80kg

Set 4:
18 @ 80kg

EDIT

GLUTE BRIDGES

DELETE

Set 1:
20

Set 2:
20

Set 3:
22

Set 4:
22

Set 5:
24

Set 6:
24

EDIT

ROMANIAN DEADLIFTS

DELETE

Set 1:
15 @ 60kg

Set 2:
15 @ 60kg

Set 3:
15 @ 60kg

EDIT

PULL-UPS

DELETE

Set 1:

Set 2:

Set 3:

Light (Hips)
WARM-UP/LIGHT

5 MIN

Equipment
None

Light (Core)
WARM-UP/LIGHT

5 MIN

Equipment
None

SAVE

BARBELL HIP THRUST

DELETE

SET ALL REPS

SET ALL WEIGHT

SET INCREMENT

Apply Reps

After Every Set

APPLY REPS

Apply kg

After Every Set

APPLY WEIGHT

ⓘ

Add reps/weights value e.g.,
2 reps/weight in every 2nd set
Increments 2 reps/weight added every 3rd, 5th set

CLOSE

Set 1: 12 Reps @ 80 KG

🗑️

Set 2: 14 Reps @ 80 KG

🗑️

Set 3: 16 Reps @ 80 KG

🗑️

Set 4: 18 Reps @ 80 KG

🗑️

ADD SET

SAVE

CANCEL

EDIT

GLUTE BRIDGES

DELETE

Set 1: 20

Set 2: 20

Set 3: 22

Set 4: 22

Set 5: 24

CATEGORY

Light (Hips)
WARM UP/LIGHT

🏋️

5 MIN

📄

Equipment
None

🏋️

📄

FOCUS AREA

Light (Core)
WARM UP/LIGHT

🏋️

5 MIN

📄

Equipment
None

🏋️

📄

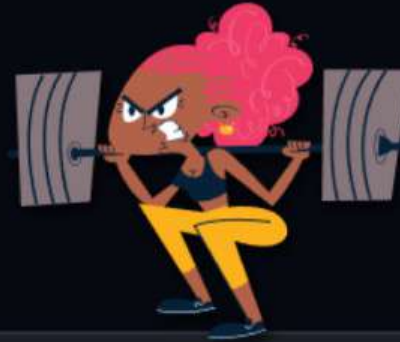


MENU

CLOSE



workoutassistant
A WORKOUT ASSISTANT CRAFTED FOR RESULTS
BARB.AI
THE BADASS REP-RIPPING BARBIE AI COACH



Ask Barb.AI

SEND

CHECK MY PLATE

CHECK MY FORM



Workout Assistant doesn't collect any data, but Google® Gemini can collect data from any information you submit.

By submitting any information, you agree to [Google's® Privacy Policy on data collection.](#)

POWERED BY
Gemini



markmutai.dev/wa

workoutassistant

A WORKOUT ASSISTANT CRAFTED FOR RESULTS

fitness score

COMPLETE WORKOUTS TO GET FITNESS SCORE PTS

Week 26

673

ON FIRE!

Previous Week's Score

736 pts

(-63 DIFF)

June

1753

INSANE!

Previous Month's Score

198 pts

(+1555 DIFF)

Search exercise name/muscle related workout...

CATEGORY

EQUIPMENT

TIME

FOCUS AREA

INTENSITY: ALL

1

2

3

4

5

6

7

8

9

10

11

12

13

14

SELECT WORKOUT BELOW OR BUILD YOUR OWN

21-15-9

ROUNDS (MULTI)

Equipment

Mixed

0:00

PRESS CLOCK OR BUTTON TO START/PAUSE

START

PR - 2:12

HIDE HISTORY

Performance History

THU, 26/06/2025

3 ROUNDS

TIME: 11:15

RND1

4:52

RND2

4:11

RND3

2:12^{SB}_{PR}

5:00

5:00

BACK

CLOSE

00:00

Run As Stopwatch/Timer

START

BARB.AI TIPS

WARM UP

POST-WORKOUT

BARBELL HIP THRUST

EDIT

Set 1:

12 @ 80kg

Set 2:

14 @ 80kg

Set 3:

16 @ 80kg

Set 4:

18 @ 80kg

AI TIPS

FORM ADVICE

CHECK MY FORM

GLUTE BRIDGES

EDIT

Set 1:

Set 2:

Set 3:

10 Romanian Deadlifts

BACK

CLOSE

BARBELL HIP THRUST

Workout Date: 14/05/25

Workout Time: 00:00

Set 1: 12 reps @ 60kg

Set 2: 12 reps @ 60kg

Set 3: 12 reps @ 60kg

SHOW CHART

DELETE LOG

Workout Date: 26/06/25

Workout Time: 00:00

Set 1: 12 reps @ 100kg

Set 2: 22 reps @ 105kg

Set 3: 32 reps @ 110kg

Set 4: 42 reps @ 115kg

Session Progress

120

90

60

30

0

Set 1

Set 2

Set 3

Set 4

HIDE CHART

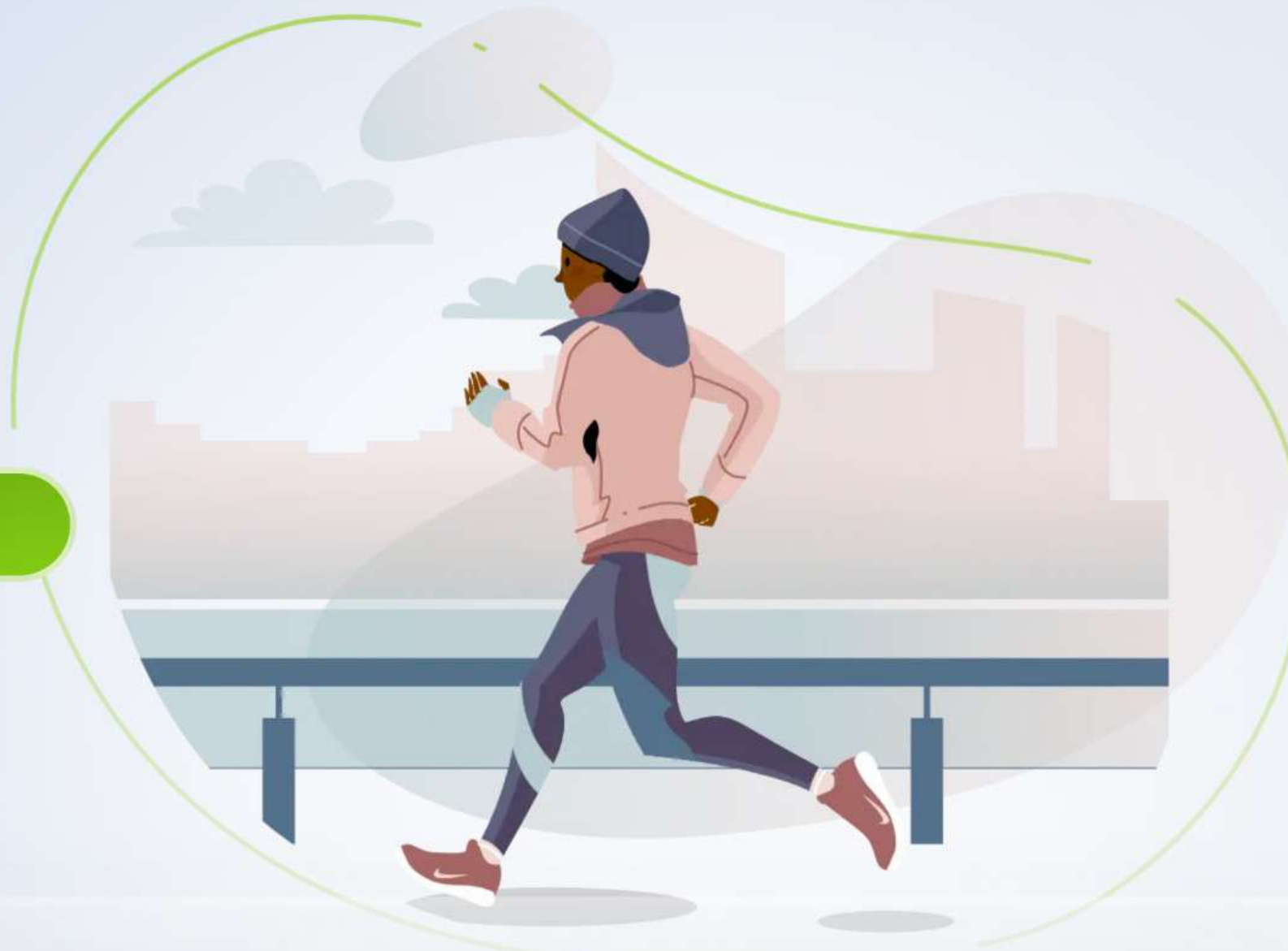
DELETE LOG

Overall Progress

440

Run anywhere,
anytime with
anyone.

GET STARTED



step 1

Lorem ipsum dolor sit, amet
consectetur adipisicing elit. Rem
quibusdam deleniti error debitis
facere.



step 2

Turpis pharetra massa pretium
cursus at et justo. Varius euismod
habitant quis tellus eget mauris
molestie. At at tempus mi eu
massa libero.



step 3

Parturient malesuada ornare odio
iaculis urna fusce consectetur.
Hendrerit elit ut justo, aliquet
massa lectus sodales
pellentesque neque.

VIRTUAL
RUNNER | EA

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VIRTUAL RUNNER | EA



VIRTUAL RUNNER EA

Developed website/progressive web app for Virtual Runner, a
gamified running social competition

Key Features:

- Progressive Web App (PWA)
- Web Design (Figma, Affinity Designer)
- Web Development (NodeJS, ReactJS, TailwindCSS, Sass, GulpJS)
- Secure Messaging (EmailJS, Google® Captcha)
- Google® SSO



Run anywhere,
anytime with
anyone.

GET STARTED



step 1

Lorem ipsum dolor sit, amet
consectetur adipisicing elit. Rem
quibusdam deleniti error debitis
facere.



step 2

Turpis pharetra massa pretium
cursus at et justo. Varius euismod
habitant quis tellus eget mauris
molestie. At at tempus mi eu
massa libero.



step 3

Parturient malesuada ornare odio
iaculis urna fusce consectetur.
Hendrerit elit ut justo, aliquet
massa lectus sodales
pellentesque neque.





ALL

ANNUAL

SINGLE

MONTHLY



WORLD TIGER DAY

5k

SELECT



RAINBOW AUGUST

5k

SELECT



SUMMER CHALLENGE

10k

SELECT



WORLD LION DAY

10k

SELECT



SUNFLOWER CHALLENGE

10k

SELECT



TREADMILL CHALLENGE

15k

SELECT



RUN FOR CAKE

15k

SELECT



SUMMER HALF MARATHON

20k

SELECT



MONTHLY CHALLENGE

100k

SELECT

VIRTUAL
RUNNER | EA

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VIRTUAL RUNNER | EA



UI / UX DESIGN



search

1 deviant warlord

T H A N O S

An Eternal-Deviant warlord from the moon Titan, Thanos is regarded as one of the most powerful beings in the Marvel Universe



Created by writer-artist Jim Starlin, the character first appeared in The Invincible Iron Man #55

ENDGAME



PG-13 | 2019



After Infinity War, the universe is in ruins. With the help of remaining allies, the Avengers assemble once more in order to reverse Thanos' actions.

watch



INFINITY WAR



PG-13 | 2018



The Avengers & their allies must be willing to sacrifice all in an attempt to defeat the powerful



MARVEL STREAMING

Web design for Instagram Monthly Competition for a marvel streaming app

Key Features:

- Web Design (Figma)
- Customized Art (Affinity Photo)
- Customized Font (Affinity Designer)

2

humanoid monster

II U L K

A gigantic, green, irradiated, mutated humanoid monster with incredible strength and an inability to control his rage.



Created by writer Stan Lee and artist Jack Kirby. The towering muscle-bound antihero debuted in the bimonthly series The Incredible Hulk in May 1962.

INCREDIBLE HULK



PG-13 | 2008



Bruce Banner, a scientist on the run from the U.S. Government, must find a cure for the monster he turns into whenever he loses his temper.

watch



HULK



PG-13 | 2003



Bruce Banner, a genetics researcher with a tragic past, suffers an accident that causes him to transform into a raging green monster when angry.

watch



3 asgardian god

T H O R

Thor is one of the gods of Asgard. He has Asgardian strength & extended lifespan, & wields control over the weather, including rain & lightning.



Created by artist Jack Kirby, writer Stan Lee, and scripter Larry Lieber, the character first appeared in Journey into Mystery #83 (1962).

LOVE & THUNDER



PG-13 | 2022



Thor enlists the help of Valkyrie, Korg and ex-girlfriend Jane Foster to fight Gorr the God Butcher, who intends to make the gods extinct.

watch



RAGNAROK



PG-13 | 2017



Imprisoned on Sakaar, Thor returns to Asgard to stop Ragnarök, the destruction of his world, at the hands of the powerful & ruthless villain Hela.

watch





home

potions

elixirs

recipes


profile



search store...

The one stop shop For magician potions & elixirs

summer sales



**POWER
POTION**
★★★★★


20% OFF | \$39⁹⁹ | \$31⁹⁹

ADD TO CART

+80% Strength

+15% Energy

+5% Knockback



**ENERGY
POTION**
★★★★★


35% OFF | \$69⁹⁹ | \$45⁴⁹

ADD TO CART

+70% Energy

+15% Strength

+15% Agility



**INVISIBILITY
POTION**
★★★★★


30% OFF | \$95⁹⁹ | \$67⁹⁹

ADD TO CART

+70% Invisibility

+20% Agility

+10% Strength



**VELOCITY
ELIXIR**
★★★★★

50% OFF | \$89⁹⁹ | \$45⁰⁰

IN CART

+80% Speed

+15% Acceleration

+5% Agility

popular recipes



POINTLESS RECIPE

Dui convallis neque eros morbi nunc nec sit morbi. Velit sit massa fames et aenean non in aliquet. Mollis amet quam aliquet arcu proin. Sodales in faucibus dui id...

CONTINUE READING



TIME WASTING RECIPE

Purus sed justo a quis. Et pharetra adipiscing aliquam enim ullamcorper duis pretium. Aliquam morbi vestibulum nulla tristique varius ac egestas sem erat...

CONTINUE READING

recently viewed



BUBBLIN' BREW

★★★★★ 6,693
\$128⁷⁹



DROUGHT POTION

★★★★★ 4,790
\$72⁹⁹



JUNGLE LEAF ELIXIR

★★★★★ 8,975
\$80⁴⁹



TWILIGHT ELIXIR

★★★★★ 2,574
\$24⁹⁹



Magician Store, Est. 1692.
The One Stop Shop For Magician Potions & Elixirs



Enter Your Email

SUBSCRIBE

Subscribe For Promotions & Discount Offers

MAGICIAN STORE

Web design for Instagram Monthly Competition for an Amazon like shopping app for Magicians

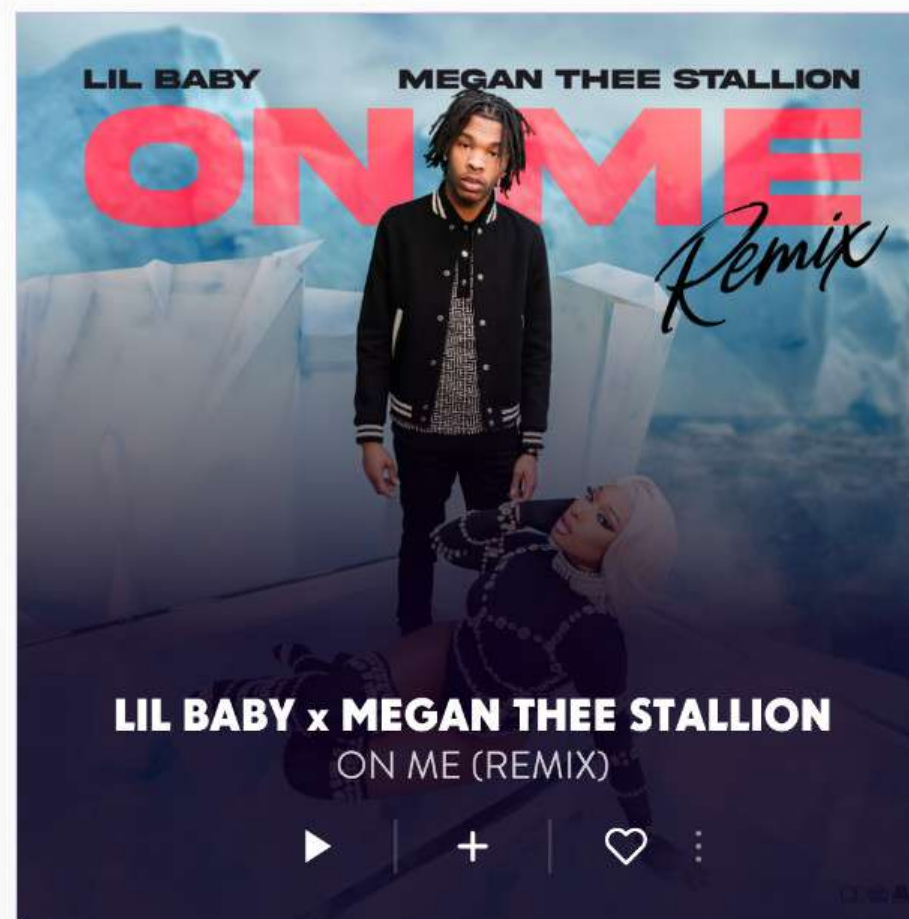
Key Features:

- Web Design (Affinity Designer/Photo, Figma)
- AI Design (Adobe Firefly)

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WHAT'S HOT

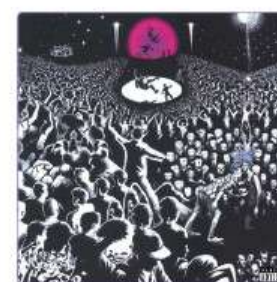


SEARCH...



PLAY ALL ▶ | SHUFFLE ALL ✕

DISPLAY ≡ | 🖼️



LIL UZI VERT
JUST WANNA ROCK



IVY LAB
BALACLAVA



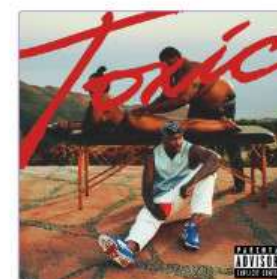
GLORILLA
TOMORROW



STO
DRO



TIËSTO
MOTTO



YG
TOXIC



DRAKE
RICH FLEX



SKI MASK THE SLUMP GOD
O.O.G.



SHOW/HIDE LABELS



WHAT'S HOT



EXPLORE



FAVOURITES



PLAYLIST



ALBUMS



ARTISTS



KEYS N' KRATES
ORIGINAL CLASSIC
Original Classic ft. Juicy J...



- ▶ ♥ KEYS N' KRATES ORIGINAL CLASSIC FT. JUIC..
- ♥ DIPLO WISH FT. TRIPPIE REDD
- ♥ CALVIN HARRIS NEW MONEY W/ 21 SAVAGE
- ♥ STONEBANK DROPPIN' LOW
- ♥ DRAKE

0 0:20

MOTION PLAY (LIGHT/DARK ROYAL)

UI/UX Design Daily Practice for a media player concept

Key Features:

- Web Design (Affinity Designer, Figma)
- Multi-colour Scheme Glassmorphic Design
- Gesture Motion Design



NOW PLAYING



KEYS N' KRATES ORIGINAL CLASSIC

Original Classic ft. Juicy J, Chip & Marbl

AUTO SCROLL LYRICS: ON

Lorem ipsum dolor sit amet consectetur. Habitasse vulputate nullam aliquam sit egestas sem in volutpat. Ultrices pulvinar sed eros varius blandit tellus nunc. Est cursus mattis sapien interdum. Venenatis augue at auctor nunc. Rutrum enim volutpat auctor arcu consectetur est dui vestibulum. Nibh fermentum ornare vitae neque in elit aliquet. Mauris eleifend dis sed mauris a. In quam scelerisque urna semper varius diam. Metus egestas sagittis eget volutpat nunc. Scelerisque ornare sed adiniscing leo sollicitudin elementum. Gravida

QUEUE



KEYS N' KRATES

ORIGINAL CLASSIC FT.
JUICY J, CHIP & MARBL



DIPLO

WISH FT. TRIPPIE REDD



CALVIN HARRIS

NEW MONEY W/ 21
SAVAGE



STONEBANK

DROPPIN' LOW



DRAKE

NONSTOP



WALE

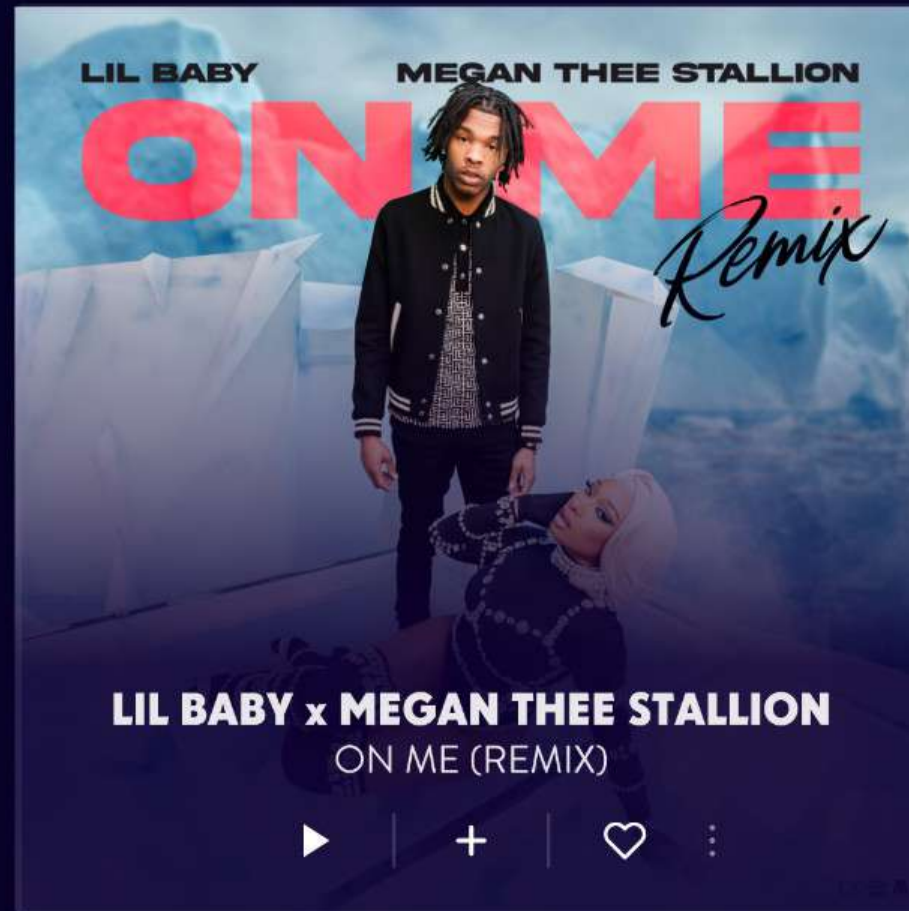
POKE IT OUT





WHAT'S HOT

SEARCH...



PLAY ALL | SHUFFLE ALL

DISPLAY



LIL UZI VERT
JUST WANNA ROCK



IVY LAB
BALACLAVA



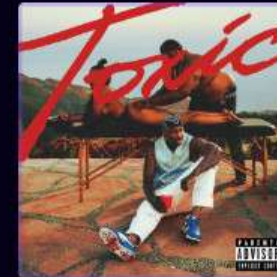
GLORILLA
TOMORROW



STO
DRO



TIËSTO
MOTTO



YG
TOXIC



DRAKE
RICH FLEX



SKI MASK 1
O.O.G.



KEYS N' KRATES
ORIGINAL CLASSIC
Original Classic ft. Juicy J...



- KEYS N' KRATES ORIGINAL CLASSIC FT. JUIC..
- DIPLO WISH FT. TRIPPIE REDD
- CALVIN HARRIS NEW MONEY W/ 21 SAVAGE
- STONEBANK DROPPIN' LOW
- DRAKE NONSTOP

0 0:20

3:32



NOW PLAYING



KEYS N' KRATES

ORIGINAL CLASSIC

Original Classic ft. Juicy J, Chip & Marbl

AUTO SCROLL LYRICS: ON

Lorem ipsum dolor sit amet consectetur. Habitasse vulputate nullam aliquam sit egestas sem in volutpat. Ultrices pulvinar sed eros varius blandit tellus nunc. Est cursus mattis sapien interdum. Venenatis augue at auctor nunc. Rutrum enim volutpat auctor arcu consectetur est dui vestibulum. Nibh fermentum ornare vitae neque in elit aliquet. Mauris eleifend dis sed mauris a. In quam scelerisque urna semper varius diam. Metus egestas sagittis eget volutpat nunc. Scelerisque ornare sed adiniscing leo sollicitudin elementum. Gravida

QUEUE



KEYS N' KRATES

ORIGINAL CLASSIC FT.
JUICY J, CHIP & MARBL



DIPLO

WISH FT. TRIPPIE REDD



CALVIN HARRIS

NEW MONEY W/ 21
SAVAGE



STONEBANK

DROPPIN' LOW



DRAKE

NONSTOP



WALE

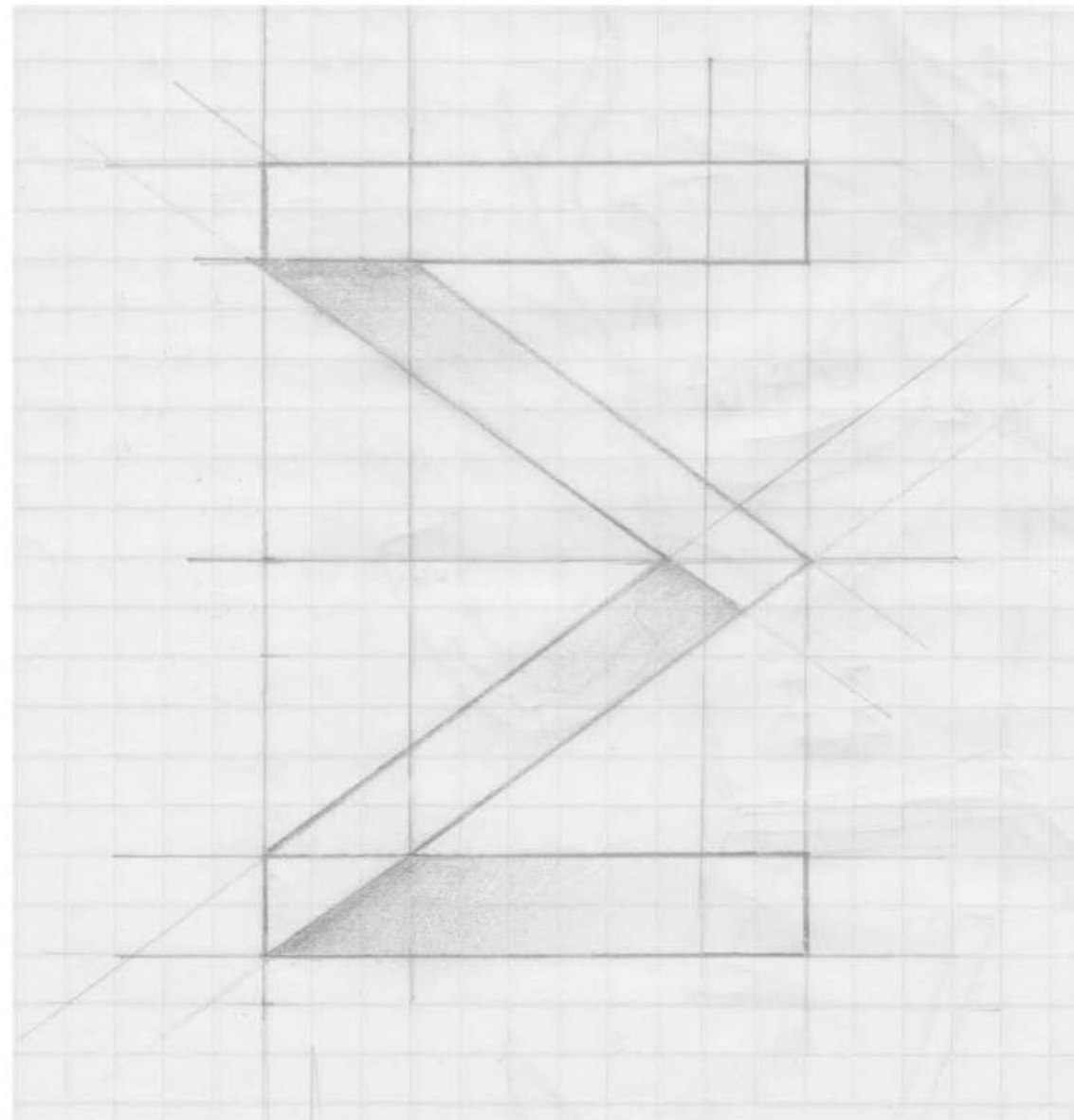
POKE IT OUT



BRANDING







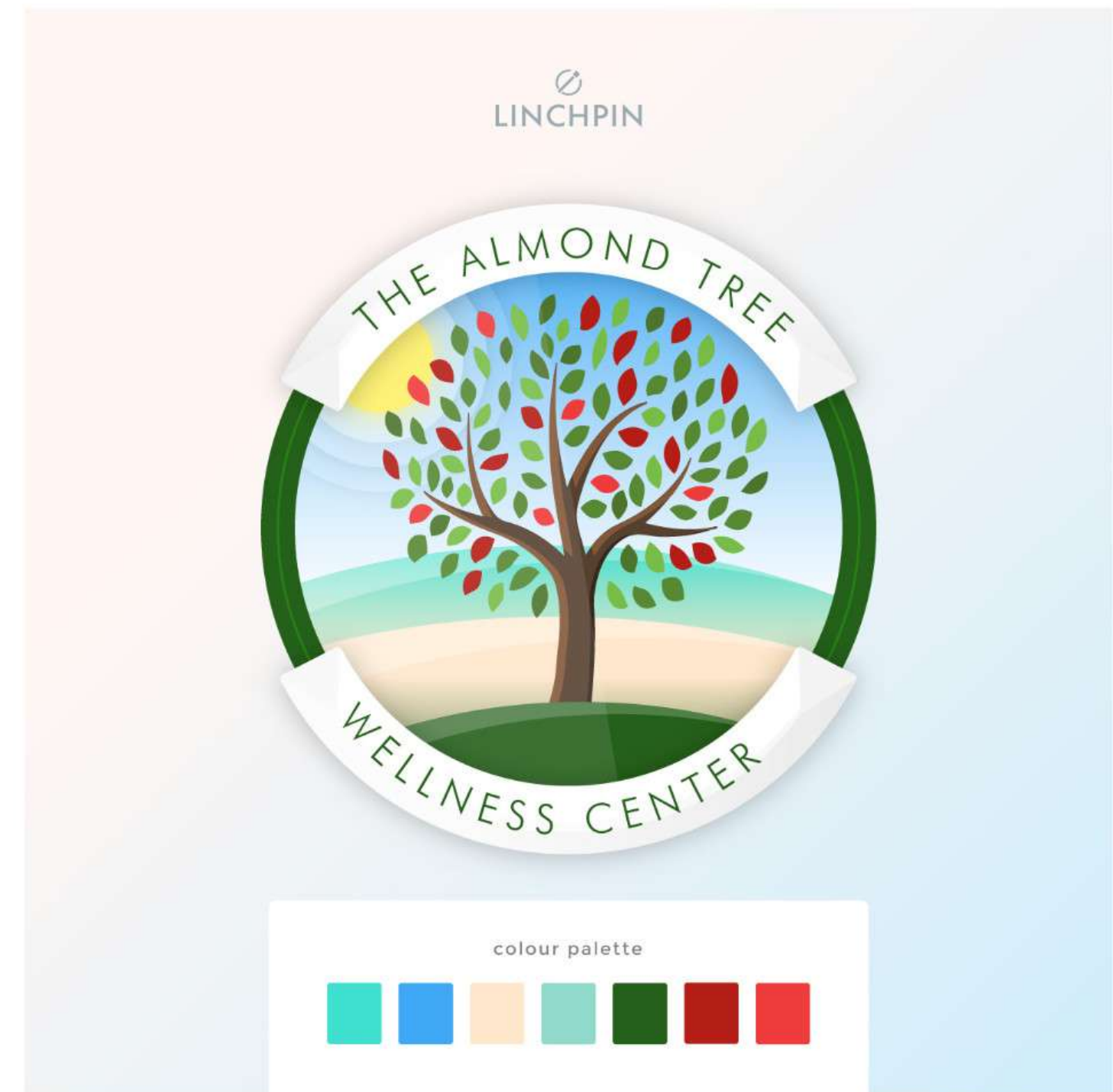
SKETCH



FINAL LOGO



CLIENT SKETCH



FINAL LOGO



Flat



Black x White



Mini

THE ALMOND TREE WELLNESS CENTER

Text Only

font type

Renner

Standard
0 letterspacing

RENNER

Logo Title - Uppercase
200 letterspacing

colour palette



#fff069
rgb(255, 240, 105)
sun



#ffe7ca
rgb(255, 231, 202)
beach



#3fa9f5
rgb(63, 169, 245)
sky (base colour)



#40e0d0
rgb(64, 224, 208)
ocean



#ffffff
rgb(255,255,255)
sky (end colour)



#b51e17
rgb(181, 30, 23)
almond leaf



#25601a
rgb(37,96,26)
dark leaf



#ef3c3c
rgb(239, 60, 60)
light almond leaf



#78bd49
rgb(120,189,73)
light leaf

KALA
A P P A R E L

KALA



KALA BRAND GUIDELINE

LOGO (STAND-ALONE)



LOGO (SOCIAL MEDIA/APPS)



FONTS

Aa

Renner

Aa Bb Cc Dd
1 2 3 4 5 6 7 8 9 0

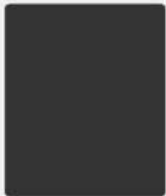
Renner is a font for the digital age. Based off of the work of Paul Renner, the designer of Futura. Futura was designed to be functional in its day and in that spirit, Renner aims to be as functional as possible in the digital era.

A P P A R E L

large tracking distance
all caps

HEX (737373)
RGB (115,115,115)
CMYK (173,162,160,149)
PANTONE (COOL GRAY 9 C)

COLOURS (LOGO)



HEX (333333)
RGB (51,51,51)
CMYK (173,162,160,149)
PANTONE (NEUTRAL BLACK C)



HEX (737373)
RGB (115,115,115)
CMYK (173,162,160,149)
PANTONE (COOL GRAY 9 C)

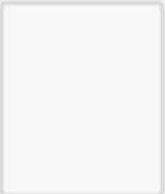


HEX (FFFFFF)
RGB (255,255,255)
CMYK (0,0,0,0)
PANTONE (N/A)

COLOURS (BACKGROUND)

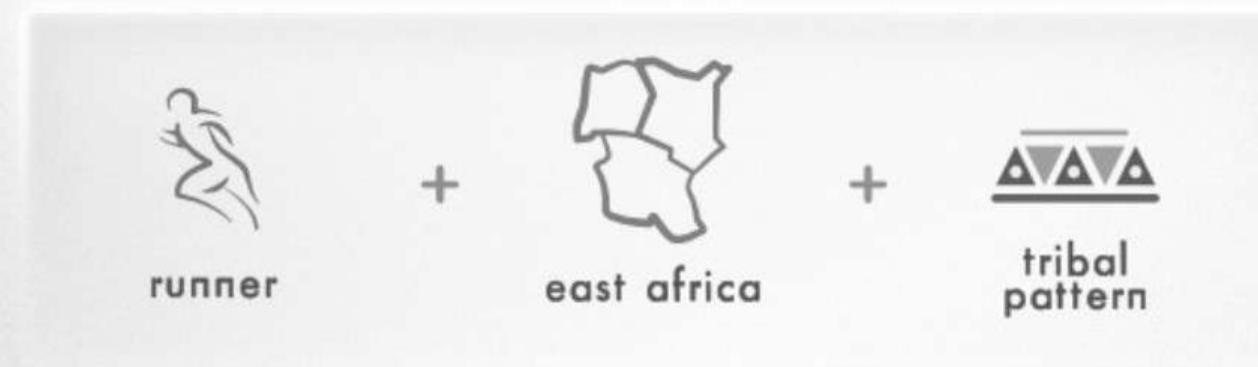


HEX (333333)
RGB (51,51,51)
CMYK (173,162,160,149)
PANTONE (NEUTRAL BLACK C)



HEX (FFFFFF)
RGB (255,255,255)
CMYK (0,0,0,0)
PANTONE (N/A)

virtual runner ke
concept logo v3



DESIGNED BY
LINCHPIN

Logo



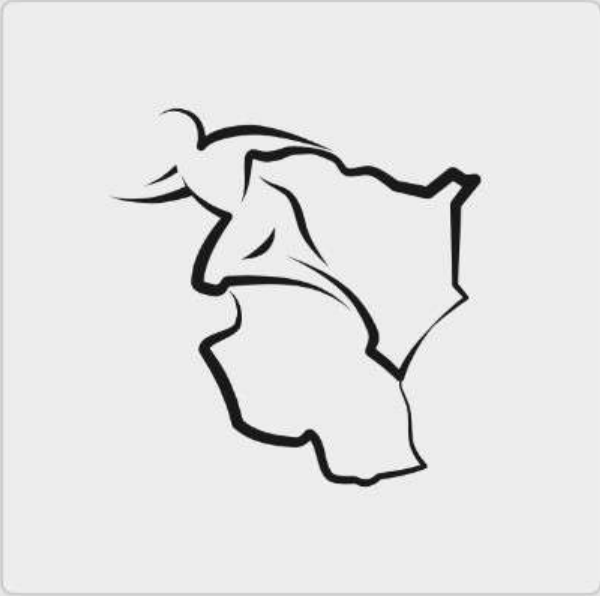
mini



mini (white)



mini (black)



text only



colour palette

USAF Blue TZ Tribal Pattern	Royal Green Top Tribal Pattern KE Gradient	Dark Red KE Tribal Pattern KE Gradient
HEX - #004D99 RGB - (0, 77, 153) CMYK - (100%, 50%, 0%, 40%) PANTONE - 2945 C	HEX - #0F5C00 RGB - (15, 92, 0) CMYK - (84%, 0%, 100%, 64%) PANTONE - 3537 C	HEX - #660000 RGB - (102, 0, 0) CMYK - (0%, 100%, 100%, 60%) PANTONE - 732 C
Picton Blue TZ Border Gradient	Avocado Top Tribal Pattern	Maroon UG Tribal Pattern
HEX - #33BBFF RGB - (51, 187, 255) CMYK - (80%, 27%, 0%, 0%) PANTONE - 298 C	HEX - #669900 RGB - (102, 153, 0) CMYK - (33%, 0%, 100%, 40%) PANTONE - 369 C	HEX - #800000 RGB - (128, 0, 0) CMYK - (0%, 100%, 100%, 50%) PANTONE - 1815 C
Black Runner	Apple Green TZ Tribal Pattern TZ Gradient	Rufous KE Tribal Pattern
HEX - #1A1A1A RGB - (26, 26, 26) CMYK - (0%, 0%, 0%, 90%) PANTONE - Black 6 C	HEX - #93B800 RGB - (147, 184, 0) CMYK - (20%, 0%, 100%, 28%) PANTONE - 376 C	HEX - #B22400 RGB - (178, 36, 0) CMYK - (0%, 80%, 100%, 30%) PANTONE - 2350 C
Raisin Black Mini Logo Black	Munsell UG Tribal Pattern UG Gradient	
HEX - #262626 RGB - (38, 38, 38) CMYK - (0%, 0%, 0%, 85%) PANTONE - 426 C	HEX - #E5BF00 RGB - (229, 191, 0) CMYK - (0%, 17%, 100%, 10%) PANTONE - 7406 C	

fonts



Aa

Gugi
Aa Bb Cc Dd
1 2 3 4 5 6 7 8 9 0

Suspendisse id massa. Nullam porta velit sed lacus. Duis eleifend, felis eu euismod lacinia, felis erat feugiat nisl, vitae congue leo velit a massa. Quisque nec justo a turpis posuere tristique.



Aa

Renner
Aa Bb Cc Dd
1 2 3 4 5 6 7 8 9 0

Nullam et tortor. Suspendisse tempor leo quis nunc fringilla volutpat. Donec rutrum ullamcorper lorem. Nunc tincidunt sagittis augue. Quisque lacinia. Phasellus sollicitudin.

main (w/ guides)



variations



mini-versions & logomark



Colour Palette

Oxford Blue "Tutor" Text HEX - #00194C RGB - (0, 25, 76) CMYK - (100%, 67%, 0%, 70%) PANTONE - 2768 C	Amber "Hut" Text HEX - #FFBF00 RGB - (255, 191, 0) CMYK - (0%, 25%, 100%, 0%) PANTONE - 7548 C	Raisin Black "Tutor" B&W Version HEX - #262626 RGB - (38, 38, 38) CMYK - (0%, 0%, 0%, 85%) PANTONE - 426 C	Smoky Black Black Background HEX - #0D0D0D RGB - (13, 13, 13) CMYK - (0%, 0%, 0%, 95%) PANTONE - Black 6 C	Granite Gray "Hut" B&W Version "Tutor" W&B Version HEX - #666666 RGB - (102, 102, 102) CMYK - (0%, 0%, 0%, 60%) PANTONE - Cool Gray 10 C
---	--	--	--	---

Fonts

TUTOR
HUT

tracking -50%

Aa

Gotham Black
Aa Bb Cc Dd
1 2 3 4 5 6 7 8 9 0

Suspendisse id massa. Nullam porta velit sed lacus. Duis eleifend, felis eu euismod lacinia, felis erat feugiat nisl, vitae congue leo velit a massa. Quisque nec justo a turpis posuere tristique.

THE

tracking -0%

Aa

Klinic Slab
Aa Bb Cc Dd
1 2 3 4 5 6 7 8 9 0

Nullam et tortor. Suspendisse tempor leo quis nunc fringilla volutpat. Donec rutrum ullamcorper lorem. Nunc tincidunt sagittis augue. Quisque lacinia. Phasellus sollicitudin.



D I G I T A L A R T





MARVEL
BLACK PANTHER

WAKANDA





ARCANE



MARVEL
STUDIOS







expressions

prideful
/prʌɪdful/



e.g.
the prideful look a cat has,
bringing "breakfast"

@designedbymutai
www.markmutai.dev

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ICONOGRAPHY







FIFA



CELTICS



FIFA



CELTICS



C O N T A C T



markmutai@gmail.com



www.markmutai.dev



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dribbble.com/markmutai



github.com/markmutai



Nairobi, **Kenya**

THANK **YOU**