Animated Pill-shaped Button for Free Training

Version 1 - Embed code:

```
<!doctype html><html><head><meta charset="utf-8"><meta name="viewport"
content="width=device-width,initial-scale=1"><title>About Us Button Preview</title></
head><body style="margin:0;min-height:100vh;display:grid;place-
items:center;background:#f6f2df">
<!-- ===== About Us pill button — paste everything below into a code embed ===== -->
<link rel="preconnect" href="https://fonts.googleapis.com">
<link href="https://fonts.googleapis.com/css2?family=Inter:wght@400;500&display=swap"
rel="stylesheet">

<style>
  .aub-pill {
    /* Edit these to resize / restyle */
    --aub-h: 72px;           /* button height */
    --aub-pad: 7px;           /* gap around the round arrow badge */
    --aub-dark: #000;
    --aub-light: #fff;
    --aub-speed: 0.55s;

    position: relative;
    display: inline-flex;
    align-items: center;
    height: var(--aub-h);
    padding: 0 var(--aub-pad) 0 calc(var(--aub-h) * 0.55);
    gap: calc(var(--aub-h) * 0.3);
    border-radius: 999px;
    background: var(--aub-dark);
    color: var(--aub-light);
    font-family: "Inter", system-ui, -apple-system, "Segoe UI", sans-serif;
    font-size: calc(var(--aub-h) * 0.3);
    font-weight: 400;
    letter-spacing: 0.005em;
    text-decoration: none;
    line-height: 1;
    overflow: hidden;
    isolation: isolate;
    cursor: pointer;
    -webkit-tap-highlight-color: transparent;
    box-sizing: border-box;
  }

  /* White fill that grows from where the cursor enters */
  .aub-pill .aub-fill {
    position: absolute;
    left: var(--aub-x, 0px);
    top: var(--aub-y, 50%);
    width: var(--aub-d, 600px);
    height: var(--aub-d, 600px);
    margin: calc(var(--aub-d, 600px) / -2) 0 0 calc(var(--aub-d, 600px) / -2);
    border-radius: 50%;
    background: var(--aub-light);
```

```
  transform: scale(0);
  transition: transform var(--aub-speed) cubic-bezier(0.65, 0, 0.35, 1);
  z-index: 0;
  pointer-events: none;
 }

 /* Label inverts automatically over the fill (white on black, black on white) */
 .aub-pill .aub-label {
  position: relative;
  z-index: 1;
  color: #fff;
  mix-blend-mode: difference;
  white-space: nowrap;
 }

 /* Round arrow badge */
 .aub-pill .aub-badge {
  position: relative;
  z-index: 2;
  flex: none;
  width: calc(var(--aub-h) - var(--aub-pad) * 2);
  height: calc(var(--aub-h) - var(--aub-pad) * 2);
  border-radius: 50%;
  background: var(--aub-light);
  color: var(--aub-dark);
  overflow: hidden;
  transition: background-color calc(var(--aub-speed) * 0.6) ease calc(var(--aub-speed) * 0.35),
              color calc(var(--aub-speed) * 0.6) ease calc(var(--aub-speed) * 0.35);
 }
 .aub-pill .aub-arrow {
  position: absolute;
  inset: 0;
  margin: auto;
  width: 34%;
  height: 34%;
  transition: transform var(--aub-speed) cubic-bezier(0.65, 0, 0.35, 1);
 }
 .aub-pill .aub-arrow--in { transform: translate(-220%, 220%); }

 /* Hover / focus state */
 .aub-pill.is-active .aub-fill { transform: scale(1); }
 .aub-pill.is-active .aub-badge { background: var(--aub-dark); color: var(--aub-light); }
 .aub-pill.is-active .aub-arrow--out { transform: translate(220%, -220%); }
 .aub-pill.is-active .aub-arrow--in { transform: translate(0, 0); }

 .aub-pill:focus-visible { outline: 2px solid var(--aub-dark); outline-offset: 4px; }

 @media (prefers-reduced-motion: reduce) {
  .aub-pill { --aub-speed: 0.01s; }
 }
</style>

<!-- Change href to your About page -->
<a class="aub-pill" href="/about">
```

```
  <span class="aub-fill" aria-hidden="true"></span>
  <span class="aub-label">About Us</span>
  <span class="aub-badge" aria-hidden="true">
    <svg class="aub-arrow aub-arrow--out" viewBox="0 0 24 24" fill="none"
stroke="currentColor" stroke-width="2.4" stroke-linecap="square"><path d="M6 18L18 6M8
6h10v10"/></svg>
    <svg class="aub-arrow aub-arrow--in" viewBox="0 0 24 24" fill="none"
stroke="currentColor" stroke-width="2.4" stroke-linecap="square"><path d="M6 18L18 6M8
6h10v10"/></svg>
  </span>
</a>

<script>
  (function () {
    document.querySelectorAll('.aub-pill:not([data-aub])').forEach(function (btn) {
      btn.setAttribute('data-aub', '');
      function place(e) {
        var r = btn.getBoundingClientRect();
        var x = e && e.clientX != null ? e.clientX - r.left : r.width / 2;
        var y = e && e.clientY != null ? e.clientY - r.top : r.height / 2;
        // Circle big enough to cover the whole pill from any start point
        var d = 2 * Math.hypot(Math.max(x, r.width - x), Math.max(y, r.height - y)) + 4;
        btn.style.setProperty('--aub-x', x + 'px');
        btn.style.setProperty('--aub-y', y + 'px');
        btn.style.setProperty('--aub-d', d + 'px');
      }
      btn.addEventListener('pointerenter', function (e) {
        if (e.pointerType === 'touch') return;
        place(e); btn.classList.add('is-active');
      });
      btn.addEventListener('pointerleave', function (e) {
        if (e.pointerType === 'touch') return;
        place(e); btn.classList.remove('is-active');
      });
      btn.addEventListener('focus', function () {
        if (btn.matches(':focus-visible')) { place(); btn.classList.add('is-active'); }
      });
      btn.addEventListener('blur', function () { btn.classList.remove('is-active'); });
    });
  })();
</script>
<!-- ===== end About Us pill button ===== -->
</body></html>
```

Version 2 - Final UPDATED - animates auto on tablet and phone - with dark outline

Embed code:

```
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<link href="https://fonts.googleapis.com/css2?family=Inter:wght@400;500&display=swap"
rel="stylesheet">

<style>
  .aub-pill {
    /* Edit these to resize / restyle */
    --aub-h: 72px;            /* button height */
    --aub-pad: 7px;           /* gap around the round arrow badge */
    --aub-dark: #000;
    --aub-light: #fff;
    --aub-speed: 0.55s;
    --aub-outline: 2px;       /* outline thickness (shows on the white state) */

    position: relative;
    display: inline-flex;
    align-items: center;
    height: var(--aub-h);
    padding: 0 var(--aub-pad) 0 calc(var(--aub-h) * 0.55);
    gap: calc(var(--aub-h) * 0.3);
    border-radius: 999px;
    background: var(--aub-dark);
    color: var(--aub-light);
    font-family: "Inter", system-ui, -apple-system, "Segoe UI", sans-serif;
    font-size: calc(var(--aub-h) * 0.3);
    font-weight: 400;
    letter-spacing: 0.005em;
    text-decoration: none;
    line-height: 1;
    overflow: hidden;
    isolation: isolate;
    cursor: pointer;
    -webkit-tap-highlight-color: transparent;
    box-sizing: border-box;
  }

  /* Outline drawn on top so it stays visible when the pill turns white */
  .aub-pill::after {
    content: "";
    position: absolute;
    inset: 0;
    border: var(--aub-outline) solid var(--aub-dark);
    border-radius: inherit;
    z-index: 3;
    pointer-events: none;
  }

  /* White fill that grows from where the cursor enters */
```

```
.aub-pill .aub-fill {
  position: absolute;
  left: var(--aub-x, 0px);
  top: var(--aub-y, 50%);
  width: var(--aub-d, 600px);
  height: var(--aub-d, 600px);
  margin: calc(var(--aub-d, 600px) / -2) 0 0 calc(var(--aub-d, 600px) / -2);
  border-radius: 50%;
  background: var(--aub-light);
  transform: scale(0);
  transition: transform var(--aub-speed) cubic-bezier(0.65, 0, 0.35, 1);
  z-index: 0;
  pointer-events: none;
}

/* Label inverts automatically over the fill (white on black, black on white) */
.aub-pill .aub-label {
  position: relative;
  z-index: 1;
  color: #fff;
  mix-blend-mode: difference;
  white-space: nowrap;
}

/* Round arrow badge */
.aub-pill .aub-badge {
  position: relative;
  z-index: 2;
  flex: none;
  width: calc(var(--aub-h) - var(--aub-pad) * 2);
  height: calc(var(--aub-h) - var(--aub-pad) * 2);
  border-radius: 50%;
  background: var(--aub-light);
  color: var(--aub-dark);
  overflow: hidden;
  transition: background-color calc(var(--aub-speed) * 0.6) ease calc(var(--aub-speed) * 0.35),
              color calc(var(--aub-speed) * 0.6) ease calc(var(--aub-speed) * 0.35);
}
.aub-pill .aub-arrow {
  position: absolute;
  inset: 0;
  margin: auto;
  width: 34%;
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  transition: transform var(--aub-speed) cubic-bezier(0.65, 0, 0.35, 1);
}
.aub-pill .aub-arrow--in { transform: translate(-220%, 220%); }

/* Hover / focus state */
.aub-pill.is-active .aub-fill { transform: scale(1); }
.aub-pill.is-active .aub-badge { background: var(--aub-dark); color: var(--aub-light); }
.aub-pill.is-active .aub-arrow--out { transform: translate(220%, -220%); }
.aub-pill.is-active .aub-arrow--in { transform: translate(0, 0); }
```

```
  .aub-pill:focus-visible { outline: 2px solid var(--aub-dark); outline-offset: 4px; }

  @media (prefers-reduced-motion: reduce) {
    .aub-pill { --aub-speed: 0.01s; }
  }
</style>

<!-- Change href to your About page -->
<a class="aub-pill" href="/about">
  <span class="aub-fill" aria-hidden="true"></span>
  <span class="aub-label">About Us</span>
  <span class="aub-badge" aria-hidden="true">
    <svg class="aub-arrow aub-arrow--out" viewBox="0 0 24 24" fill="none"
stroke="currentColor" stroke-width="2.4" stroke-linecap="square"><path d="M6 18L18 6M8
6h10v10"/></svg>
    <svg class="aub-arrow aub-arrow--in" viewBox="0 0 24 24" fill="none"
stroke="currentColor" stroke-width="2.4" stroke-linecap="square"><path d="M6 18L18 6M8
6h10v10"/></svg>
  </span>
</a>

<script>
  (function () {
    // Tablet & phone: autoplay instead of hover.
    // Applies to touch screens, or any screen this wide or narrower:
    var AUTOPLAY_MAX_WIDTH = 1024;  // px
    var HOLD_WHITE = 2200;          // ms the button stays white
    var HOLD_BLACK = 1600;          // ms the button stays black

    var autoplayMQ = window.matchMedia('(hover: none), (max-width: ' +
AUTOPLAY_MAX_WIDTH + 'px)');
    var reduceMQ = window.matchMedia('(prefers-reduced-motion: reduce)');

    document.querySelectorAll('.aub-pill:not([data-aub])').forEach(function (btn) {
      btn.setAttribute('data-aub', '');
      var timer = null, visible = true;

      function place(e, fx, fy) {
        var r = btn.getBoundingClientRect();
        var x = e && e.clientX != null ? e.clientX - r.left : (fx != null ? fx * r.width : r.width / 2);
        var y = e && e.clientY != null ? e.clientY - r.top : (fy != null ? fy * r.height : r.height / 2);
        // Circle big enough to cover the whole pill from any start point
        var d = 2 * Math.hypot(Math.max(x, r.width - x), Math.max(y, r.height - y)) + 4;
        btn.style.setProperty('--aub-x', x + 'px');
        btn.style.setProperty('--aub-y', y + 'px');
        btn.style.setProperty('--aub-d', d + 'px');
      }
      function isAutoplay() { return autoplayMQ.matches && !reduceMQ.matches; }

      // Desktop: hover
      btn.addEventListener('pointerenter', function (e) {
        if (e.pointerType === 'touch' || isAutoplay()) return;
        place(e); btn.classList.add('is-active');
      });
```

```
    btn.addEventListener('pointerleave', function (e) {
      if (e.pointerType === 'touch' || isAutoplay()) return;
      place(e); btn.classList.remove('is-active');
    });
    btn.addEventListener('focus', function () {
      if (isAutoplay()) return;
      if (btn.matches(':focus-visible')) { place(); btn.classList.add('is-active'); }
    });
    btn.addEventListener('blur', function () {
      if (!isAutoplay()) btn.classList.remove('is-active');
    });

    // Tablet & phone: loop — wipe in from bottom-left, wipe out to the right
    function fillIn() {
      place(null, 0.05, 0.95); btn.classList.add('is-active');
      timer = setTimeout(fillOut, HOLD_WHITE);
    }
    function fillOut() {
      place(null, 1, 0.9); btn.classList.remove('is-active');
      timer = setTimeout(fillIn, HOLD_BLACK);
    }
    function update() {
      clearTimeout(timer); timer = null;
      btn.classList.remove('is-active');
      if (isAutoplay() && visible) timer = setTimeout(fillIn, 600);
    }

    // Only animate while the button is on screen
    if ('IntersectionObserver' in window) {
      new IntersectionObserver(function (entries) {
        var v = entries[0].isIntersecting;
        if (v !== visible) { visible = v; update(); }
      }).observe(btn);
    }
    [autoplayMQ, reduceMQ].forEach(function (mq) {
      mq.addEventListener ? mq.addEventListener('change', update) : mq.addListener(update);
    });
    update();
  });
})();
</script>
<!-- ===== end About Us pill button ===== -->
```