

# Optimal Workout

Add  
Workout

Push

Pull

Legs

workout	muscle group	sets	weights	reps
Bench Press	Chest	4	225	8
Shoulder Press	Shoulders	3	20	12
Incline Press	Chest	3	345	2
Lateral Raise	Shoulders	5	100	5
Tricep pushdown	Triceps	7	30	10

## Add, update, Remove Workout

<div>EDIT</div> workout	<div>EDIT</div> Muscle Group	<div>EDIT</div> sets	<div>EDIT</div> weights	<div>EDIT</div> reps
<div>⊖</div> Bench Press	Chest	4	225	8
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# Food Tracker

Calorie Goal: 1234

Food	calories
Banana	100
Bread	120
Chicken	200
Pizza	400