

Workout Tracker

Layout

- Main: Tab Bar
 - Workout
 - Shows past workout history in a table view
 - Has a "Start workout" button on the button
 - New page workout page is presented as popover
 - Graph
 - x-axis: time (week, month, year, etc...)
 - y-axis: weight
 - search by workout at the top
 - Map
 - Table view of running history with map
 - Settings
 - edit workout names
 - edit barbell weight
 - unit
 - light / dark mode

Default workouts:

- Run (GPS, treadmill)
- Bench Press
- Squat

- Deadlift
- Barbell Row
- Overhead Press