

UI ADMIN NOTE: there will be as many categories as is added in the "add category" screen and will stretch to size needed

Exercises

All(currently selected)

Category 1

Category 2

Exercise 1

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nunc maximus, nulla ut commodo sagittis, sapien dui mattis dui, non pulvinar lorem felis nec erat

[\(Edit Max\)](#)
Exercise 1 5 Rep Max:

Calculate

Exercise 2

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nunc maximus, nulla ut commodo sagittis, sapien dui mattis dui, non pulvinar lorem felis nec erat

[\(Edit Max\)](#)
Exercise 2 5 Rep Max:

Calculate

Exercise 3

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nunc maximus, nulla ut commodo sagittis, sapien dui mattis dui, non pulvinar lorem felis nec erat

[\(Edit Max\)](#)
Exercise 3 5 Rep Max:

Calculate

[Exercise Table](#) | [Exercise Categories](#)

1

2

Exercise Database

[Create New](#)

Category	Name	Description	Bar Weight	5x5 Max	
Category 1	Exercise 1	Description of ...	45	225	Edit/Details/Delete
Category 2	Exercise 2	Description of ...	45	325	Edit/Details/Delete
Category 1	Exercise 3	Description of ...	0	125	Edit/Details/Delete

[Exercise List](#) | [Exercise Categories](#)

© (Current Year) - Exercise Program

Category Database

[Create New](#)

Category	Description	
Category 1	Description of Category 1	Edit Details Delete
Category 2	Description of Category 2	Edit Details Delete
Category 3	Description of Category 3	Edit Details Delete

[Exercise Table](#)

@ (Current Year) - Exercise Program