

Workout.jsp File

```
<%@ page language="java" contentType="text/html; charset=ISO-8859-1"
    pageEncoding="ISO-8859-1"%>
<!DOCTYPE html>
<html>
<head>
<meta charset="ISO-8859-1">
<title>SIT218 Secure Coding - First Spring-based dynamic web app</title>
</head>
<body>
<h1>${message}</h1>

<form action="${pageContext.request.contextPath}/workout" method="GET">
    Another workout advice?
    <input type="submit" value="Yes" />
</form>

<form action="change" method="GET">
    Change age to?
    <input type="number" name="age"/>
    <input type="submit"/>
</form>

<form action="${pageContext.request.contextPath}/logout" method="POST">
    Logout? <input type="submit" value="Yes" />
</form>
</body>
</html>
```