As a user I would like to be able to track my exercises in an easy to use application so that I can measure and improve upon my workout routine.

**Success Criteria:**

1. User can store an ordered list of exercises for the current day’s workout.
2. User can select exercises from a prepopulated list sorted by muscle group category.
3. Depending on the exercise, the user can store weight, reps, distance, and timeframe (start and end datetime) of the exercise.

**Code design requirements:**

1. Utilized model, control, and view in the structure
2. Utilize the LinkedList class

**Sample output:**

Main Menu:

1. Start a workout
2. View Previous Workouts

Start A Workout:

Select muscle group:

1. Abdominals
2. Chest
3. Back
4. Shoulder
5. Quadriceps
6. Hamstring
7. Biceps
8. Triceps

2. Chest

Select an exercise:

1. Flat Barbell or Dumbbell Bench Press
2. Incline Barbell or Dumbbell Bench Press
3. Decline Barbell or Dumbbell Bench Press
4. Flat Chest Press Machine
5. Incline Chest Press Machine
6. Decline Chest Press Machine
7. Dips (on parallel bars with slight forward lean)
8. Push-Ups
9. Flat Dumbbell Flyes
10. Incline Dumbbell Flyes
11. Decline Dumbbell Flyes
12. Pec Deck Machine
13. Cable Crossovers/Cable Flyes

Flat Barbell or Dumbbell Bench Press

Add Set:

Enter Reps: 12

Weight: 100