

Fitness Tracker

Add Your Exercise

Exercise Type:	<input type="text" value="Resistance"/>
Exercise Name:	<input type="text" value="Bench Press"/>
Weight (lbs):	<input type="text" value="200"/>
Sets:	<input type="text" value="4"/>
Reps:	<input type="text" value="10"/>
Duration (minutes):	<input type="text" value="10"/>

Complete

Add Exercise