

Workout Plan Creation
Description

Workout Plan Name
Text Field

Workout 1			
Day	Dropdown Menu	Time	Dropdown Menu
Exercise 1		Dropdown Field	
Exercise 2		Dropdown Field	
Exercise 3		Dropdown Field	
Exercise 4		Dropdown Field	
Exercise 5		Dropdown Field	

Workout 2			
Day	Dropdown Menu	Time	Dropdown Menu
Exercise 1		Dropdown Field	
Exercise 2		Dropdown Field	
Exercise 3		Dropdown Field	
Exercise 4		Dropdown Field	
Exercise 5		Dropdown Field	

Workout 3			
Day	Dropdown Menu	Time	Dropdown Menu
Exercise 1		Dropdown Field	
Exercise 2		Dropdown Field	
Exercise 3		Dropdown Field	
Exercise 4		Dropdown Field	
Exercise 5		Dropdown Field	

Workout 4			
Day	Dropdown Menu	Time	Dropdown Menu
Exercise 1		Dropdown Field	
Exercise 2		Dropdown Field	
Exercise 3		Dropdown Field	
Exercise 4		Dropdown Field	
Exercise 5		Dropdown Field	

Preview Plan
