

Login

or

Submit Program

Bench Press

Incline Bench Press
Tricep Pulldown

Submit

All Programs

Workout One

Pulldown

Prone Bicep Curl

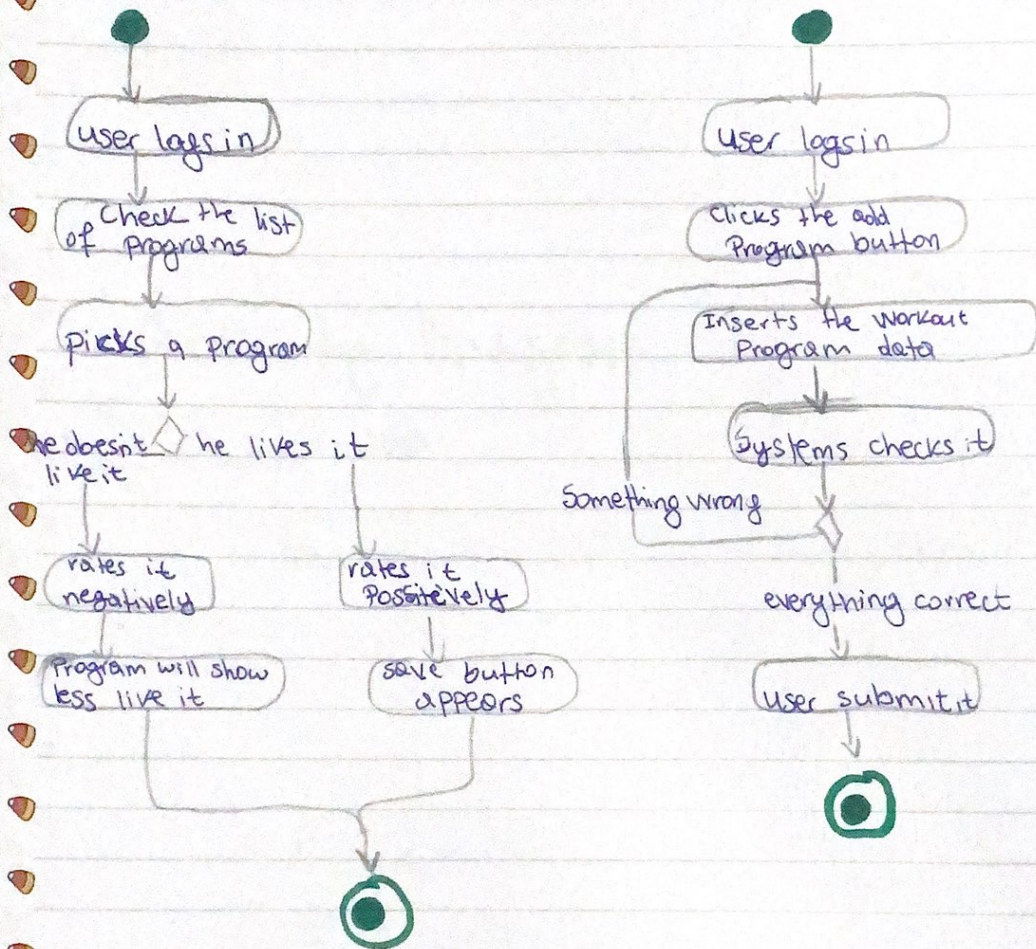
Barbell Row

Workout Two

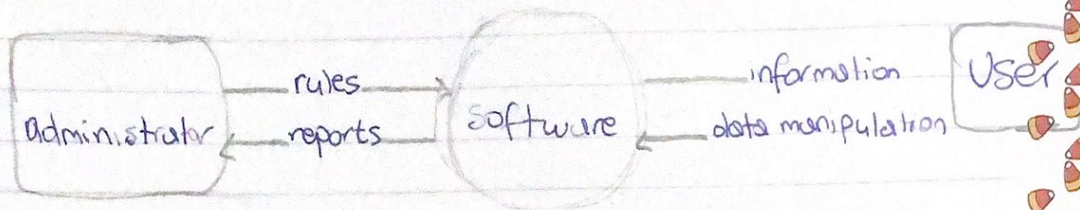
Workout Three

Workout Four

User Scenarios



DFD Diagram



Activity Diagram

