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<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>Advanced 5-Day Workout Tracker</title>

  <!-- PWA Manifest Link -->
  <link rel="manifest" href="manifest.json">

  <!-- Theme color for Android app bar -->
  <meta name="theme-color" content="#2d3748">

  <script src="https://cdn.tailwindcss.com"></script>
  <style>
    body {
      font-family: 'Inter', sans-serif;
    }
    /* Style for the editable cells */
    [contenteditable="true"] {
      background-color: #f7fafc; /* light gray */
      padding: 8px 12px;
      border-radius: 6px;
      border: 1px solid #e2e8f0;
      transition: all 0.2s ease-in-out;
      min-width: 60px;
      text-align: center;
    }
    [contenteditable="true"]:focus {
      background-color: #ffffff;
      border-color: #4299e1; /* blue-500 */
      outline: none;
      box-shadow: 0 0 0 2px rgba(66, 153, 225, 0.5);
    }
    /* Tab styles */
    .tab-button {
      padding: 10px 16px;
      cursor: pointer;
      border-bottom: 3px solid transparent;
      transition: all 0.3s ease;
      font-weight: 600;
      color: #4a5568; /* gray-600 */
    }
    .tab-button.active {
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        color: #2b6cb0; /* blue-700 */
        border-bottom-color: #2b6cb0;
    }
    .tab-content {
        display: none;
    }
    .tab-content.active {
        display: block;
    }
    /* Table styles for readability */
    th {
        background-color: #edf2f7; /* gray-200 */
        padding: 12px;
        text-align: left;
        font-size: 0.875rem;
        text-transform: uppercase;
        letter-spacing: 0.05em;
    }
    td {
        padding: 12px;
        border-bottom: 1px solid #e2e8f0; /* gray-300 */
    }
    /* Help page content styling */
    .help-content h3 {
        font-size: 1.25rem;
        font-weight: 600;
        margin-top: 1.5rem;
        margin-bottom: 0.5rem;
        color: #2d3748; /* gray-800 */
    }
    .help-content p {
        margin-bottom: 1rem;
        line-height: 1.6;
        color: #4a5568; /* gray-600 */
    }
    .help-content ul {
        list-style-type: disc;
        margin-left: 1.5rem;
        margin-bottom: 1rem;
        color: #4a5568;
    }
    .help-content li {
        margin-bottom: 0.5rem;
    }

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/* Make table responsive */
.table-container {
  overflow-x: auto;
}
table {
  width: 100%;
  min-width: 600px; /* Ensure table doesn't get too cramped */
}
</style>
</head>
<body class="bg-gray-100 min-h-screen p-4 md:p-8">

  <div class="max-w-7xl mx-auto bg-white rounded-xl shadow-lg overflow-hidden">
    <header class="p-6 bg-gray-800 text-white">
      <h1 class="text-2xl md:text-3xl font-bold">Advanced 5-Day Workout Tracker</h1>
      <p class="mt-2 text-gray-300">Based on your Upper/Lower Split. Click the cells to log
your lifts.</p>
    </header>

    <!-- Tab Navigation -->
    <nav class="flex flex-wrap border-b border-gray-300 aria-label="Tabs">
      <button class="tab-button active" onclick="openTab(event, 'upperB')">Upper
(B)</button>
      <button class="tab-button" onclick="openTab(event, 'lowerB')">Lower (B)</button>
      <button class="tab-button" onclick="openTab(event, 'vo2max')">VO2max</button>
      <button class="tab-button" onclick="openTab(event, 'upperA')">Upper (A)</button>
      <button class="tab-button" onclick="openTab(event, 'lowerA')">Lower (A)</button>
      <button class="tab-button" onclick="openTab(event, 'log')">Weekly Log</button>
      <button class="tab-button" onclick="openTab(event, 'help')">Help</button>
    </nav>

    <!-- Tab Content -->
    <div class="p-6">

      <!-- Day 1: Upper Body (B) -->
      <div id="upperB" class="tab-content active">
        <h2 class="text-2xl font-semibold mb-4 text-gray-800">Day 1: Upper Body (B) - Pull
Focus</h2>
        <div class="table-container">
          <table class="min-w-full bg-white rounded-lg">
            <thead>
              <tr>
                <th>Exercise</th>

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        <th>Target</th>
        <th>Weight</th>
        <th>Set 1 (Reps)</th>
        <th>Set 2 (Reps)</th>
        <th>Set 3 (Reps)</th>
        <th>Set 4 (Reps)</th>
        <th>Notes</th>
    </tr>
</thead>
<tbody>
    <tr>
        <td class="font-medium">Pull-ups / Lat Pulldown</td>
        <td>4 sets of 6-12</td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
    </tr>
    <tr>
        <td class="font-medium">Overhead Press</td>
        <td>3 sets of 6-10</td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td>N/A</td>
        <td contenteditable="true"></td>
    </tr>
    <tr>
        <td class="font-medium">Single-Arm DB Row (3A)</td>
        <td>3 sets of 8-12 / arm</td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td>N/A</td>
        <td contenteditable="true"></td>
    </tr>
    <tr>
        <td class="font-medium">Dips / Close Grip Push-ups (3B)</td>
        <td>3 sets of 10-15</td>
        <td contenteditable="true"></td>

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        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        N/A
        <td contenteditable="true"></td>
    </tr>
    <tr>
        <td class="font-medium">Bicep Curls (Finisher)</td>
        <td>2 sets of 12-15</td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td>N/A</td>
        <td>N/A</td>
        <td contenteditable="true"></td>
    </tr>
</tbody>
</table>
</div>
</div>

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<!-- Day 2: Lower Body (B) -->
<div id="lowerB" class="tab-content">
    <h2 class="text-2xl font-semibold mb-4 text-gray-800">Day 2: Lower Body (B) - Hinge
Focus</h2>

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    <div class="table-container">
        <table class="min-w-full bg-white rounded-lg">
            <thead>
                <tr>
                    <th>Exercise</th>
                    <th>Target</th>
                    <th>Weight</th>
                    <th>Set 1 (Reps)</th>
                    <th>Set 2 (Reps)</th>
                    <th>Set 3 (Reps)</th>
                    <th>Set 4 (Reps)</th>
                    <th>Notes</th>
                </tr>
            </thead>
            <tbody>
                <tr>
                    <td class="font-medium">Deadlift (Conventional/Sumo)</td>
                    <td>4 sets of 5-8</td>
                    <td contenteditable="true"></td>

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        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
    </tr>
    <tr>
        <td class="font-medium">Leg Press / Hack Squat</td>
        <td>3 sets of 10-15</td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td>N/A</td>
        <td contenteditable="true"></td>
    </tr>
    <tr>
        <td class="font-medium">Hamstring Curls (3A)</td>
        <td>3 sets of 12-15</td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td>N/A</td>
        <td contenteditable="true"></td>
    </tr>
    <tr>
        <td class="font-medium">Calf Raises (3B)</td>
        <td>3 sets of 15-20</td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td>N/A</td>
        <td contenteditable="true"></td>
    </tr>
</tbody>
</table>
</div>
</div>

<!-- Day 3: VO2max -->
<div id="vo2max" class="tab-content">
    <h2 class="text-2xl font-semibold mb-4 text-gray-800">Day 3: VO2max (HIIT)</h2>

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<p class="mb-4 text-gray-600">Choose one protocol. Log your work interval details.
See the "Help" tab for more info.</p>

Protocol	Target	Your Log (Speed/Watts)	Rounds	Notes
Running	4-5 rounds of 4min work / 3-4min rest			
Cycling / Rower	5-6 rounds of 3min work / 3min rest			
Assault Bike	8-10 rounds of 60s work / 90-120s rest			

<!-- Day 5: Upper Body (A) -->
<div id="upperA" class="tab-content">
<h2 class="text-2xl font-semibold mb-4 text-gray-800">Day 5: Upper Body (A) - Push
Focus</h2>

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<div class="table-container">
  <table class="min-w-full bg-white rounded-lg">
    <thead>
      <tr>
        <th>Exercise</th>
        <th>Target</th>
        <th>Weight</th>
        <th>Set 1 (Reps)</th>
        <th>Set 2 (Reps)</th>
        <th>Set 3 (Reps)</th>
        <th>Set 4 (Reps)</th>
        <th>Notes</th>
      </tr>
    </thead>
    <tbody>
      <tr>
        <td class="font-medium">Barbell Bench Press</td>
        <td>4 sets of 6-10</td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
      </tr>
      <tr>
        <td class="font-medium">Seated Cable Row</td>
        <td>3 sets of 8-12</td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td>N/A</td>
        <td contenteditable="true"></td>
      </tr>
      <tr>
        <td class="font-medium">Incline DB Press (Superset 3A)</td>
        <td>3 sets of 8-12</td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td contenteditable="true"></td>
        <td content-editable="true"></td>
        <td>N/A</td>
        <td contenteditable="true"></td>
      </tr>
    </tbody>
  </table>
</div>

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</tr>
<tr>
  <td class="font-medium">Face Pulls (Superset 3B)</td>
  <td>3 sets of 15-20</td>
  <td contenteditable="true"></td>
  <td contenteditable="true"></td>
  <td contenteditable="true"></td>
  <td contenteditable="true"></td>
  <td>N/A</td>
  <td contenteditable="true"></td>
</tr>
<tr>
  <td class="font-medium">Tricep Pushdowns (Finisher)</td>
  <td>2 sets of 12-15</td>
  <td contenteditable="true"></td>
  <td contenteditable="true"></td>
  <td contenteditable="true"></td>
  <td>N/A</td>
  <td>N/A</td>
  <td contenteditable="true"></td>
</tr>
</tbody>
</table>
</div>
</div>

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<!-- Day 6: Lower Body (A) -->
<div id="lowerA" class="tab-content">
  <h2 class="text-2xl font-semibold mb-4 text-gray-800">Day 6: Lower Body (A) - Quad
Focus</h2>
  <div class="table-container">
    <table class="min-w-full bg-white rounded-lg">
      <thead>
        <tr>
          <th>Exercise</th>
          <th>Target</th>
          <th>Weight</th>
          <th>Set 1 (Reps)</th>
          <th>Set 2 (Reps)</th>
          <th>Set 3 (Reps)</th>
          <th>Set 4 (Reps)</th>
          <th>Notes</th>
        </tr>
      </thead>

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<tbody>
  <tr>
    <td class="font-medium">Barbell Back Squat</td>
    <td>4 sets of 6-10</td>
    <td contenteditable="true"></td>
    <td contenteditable="true"></td>
    <td contenteditable="true"></td>
    <td contenteditable="true"></td>
    <td contenteditable="true"></td>
    <td contenteditable="true"></td>
  </tr>
  <tr>
    <td class="font-medium">Romanian Deadlifts (RDLs)</td>
    <td>3 sets of 8-12</td>
    <td contenteditable="true"></td>
    <td contenteditable="true"></td>
    <td contenteditable="true"></td>
    <td contenteditable="true"></td>
    <td>N/A</td>
    <td contenteditable="true"></td>
  </tr>
  <tr>
    <td class="font-medium">Bulgarian Split Squats (3A)</td>
    <td>3 sets of 8-12 / leg</td>
    <td contenteditable="true"></td>
    <td contenteditable="true"></td>
    <td contenteditable="true"></td>
    <td contenteditable="true"></td>
    <td>N/A</td>
  </tr>

```