

```
<!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 {
```

```
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;
}
```


Target	Weight	Set 1 (Reps)	Set 2 (Reps)	Set 3 (Reps)	Set 4 (Reps)	Notes
Pull-ups / Lat Pulldown	4 sets of 6-12					
Overhead Press	3 sets of 6-10					N/A
Single-Arm DB Row (3A)	3 sets of 8-12 / arm					N/A
Dips / Close Grip Push-ups (3B)	3 sets of 10-15					

```

<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>


<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>
    <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>

```

```

<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>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>

```

<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>

```
<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>
```

```

</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>

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

```

```
<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>
```