```
menu.Menu Abstract
- Menu Title
- Menu List
- Menu Exit
+ Menu Abstract()
+ GetMenu Title()
+ GetMenu Entry()
+ GetMenu List()
+ SetMenu Title()
+ AddMenu Entry()
+ SelectMenu Bool()
+ SelectMenu Scanner()
+ SelectMenu()
+ Menu Main()
+ ClearScreen()
   menu.Lifting Stats
   - BarbellCurl
   - BenchPress
   - Deadlift

    ShoulderPress

   - Squat
   + Lifting Stats()
   + SelectMenu()
```