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http://lucidchart.com

Title

Log a Workout

Input name of workout: Ex: Chest

Select date for workout being logged: 1/1/10

Exercise: Ex: DB Bench Press

Set: 4Reps: 4Weight (lbs): 4

Add Set

Add Exercise

Save Workout

Delete Workout

Exercise: Ex: DB Bench Press

Set: 4Reps: 4Weight (lbs): 4

Set: 4Reps: 4Weight (lbs): 4

Add Set

Exercise: Ex: DB Bench Press

Set: 4Reps: 4Weight (lbs): 4

Add Set

Exercise: Ex: DB Bench Press

Set: 4Reps: 1Weight (lbs): 4

Add Set

Add Exercise

Workout Saved

Saved "1/1/10" Workout

OK

Delete Workout

Are you sure you want to delete "1/1/10"

Yes

Cancel