Sources

* Course Resources (course site, Piazza, etc.)
* en.wikipedia.org:
  + <http://en.wikipedia.org/wiki/Pushup>
  + <http://en.wikipedia.org/wiki/Lunge_(exercise)>
* <http://www.livestrong.com/>
* <http://www.bodybuilding.com/>
* <http://www.cbsnews.com/news/cdc-80-percent-of-american-adults-dont-get-recommended-exercise/>
* <http://rubyonrails.org>
* <http://edgeguides.rubyonrails.org/>
* <http://railscasts.com/>
* <http://dillinger.io/>
* <http://daringfireball.net/projects/markdown/syntax>
* The Power of Habit