**link\_to 'Back', client\_workouts\_path**

*‘Back’* – word that appears ‘on link’ to click  
*“client\_workouts\_path”*– path to root/clientworkouts

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**link\_to 'Edit', edit\_client\_workout\_path(@client\_workout)**

*'Edit'* - word that appears ‘on link’ to click  
*edit\_client\_workout\_path(@client\_workout)* – corrsponds to   
/root /client\_workouts/1/edit