```html
<!DOCTYPE html>
<html>
    <head>
        <link rel="Stylesheet" href="static/Stylesheet.css">
        <title>Toka Fitness PushUps</title>
        <h1 class="title">PushUps</h1>
    </head>
    <div>
        <script>
        var incremented = 0;
        function buttonClick() {
            incremented++;
            document.getElementById('increment').innerHTML = incremented;
        }
    </script>
    <!--    This js function has an increment veriable named incremented = 0
        The function name is button clicked (means will be used onclick)
        The incremnt veriable is getting icremented using ++ which will make it go
up by 1
        It is then getting then looking for element with an id of increment
        This will then increment the id by 1 once clicked-->

        <!--This is where function buttonclick will be activated (onclick)-->
    <button id = "push_click" onclick="buttonClick();"> Push Up</button>
        <!--This is where incrementation will happen once clicked on suqats button-
->
    <p id = "increment">0</p>

    <button id = "save" onclick= saveButton()> Save Result</button>



    <script>

    function saveButton() {
        const xhttp = new XMLHttpRequest();


        var PushUpSave = document.getElementById("increment").innerHTML
        xhttp.open("GET", "http://localhost:5000/savepushups?increment=" + PushUpSa
ve, true);
        xhttp.send();
    }
    </script>

    </div>
</html>
```