

```
<!DOCTYPE html>
<html>
  <head>
    <link rel="Stylesheet" href="static/Stylesheet.css">
    <title>Free Dashboard</title>
    <h1 class="title">Welcome {{ name }} To Free Dashboard </h1>
  </head>
  <div>
    <div>
      <a href="/pushups"><button type="button" id="Menu_option_pushUp">Push
Ups</button></a>
    </div>
    <div>
      <a href="/squats"><button type="button"
id="Menu_option_squats">Squats</button></a>
    </div>
    <div>
      <a href="/records"><button type="button"
id="Menu_option_records">Records</button></a>
    </div>
    <div>
      <a href="/"><button type="button" id="backButton">Back</button></a>
    </div>
  </div>
</html>
```