

< Title >

Description of Page.

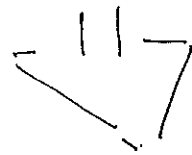
Container#1.
Form

Body Weight |

Weight Lifted |

Repetitions |

Submit Button.



button clicked (action).

Description of Page.

Container #2
(Hidden @ first)

User Input:

Body Weights

Weight Lifted:

Repetition :

Calculated Max:

Word of Advice:

Resubmit/Reload.