

Auth		
Action	Route	HTTP Verb
Index	/sign-in	GET
New	/sign-up	GET
Create	/sign-up	POST
Create	/sign-in	POST
Update	/sign-out	GET

Lifts		
Action	Route	HTTP Verb
Index	/users/:userId/lifts	GET
New	/users/:userId/lifts/new	GET
Create	/users/:userId/lifts	POST
Show	/users/:userId/lifts/:liftId	GET
Edit	/users/:userId/lifts/:liftId/edit	GET
Update	/users/:userId/lifts/:liftId	PUT
Delete	/users/:userId/lifts/:liftId	DELETE

Workout		
Action	Route	HTTP Verb
Index	/workouts	GET
New	/workouts/new	GET
Create	/workouts	POST
Show	/workouts/:workoutId	GET
Edit	/workouts/:workoutId/edit	GET
Update	/workouts/:workoutId	PUT
Delete	/workouts/:workoutId	DELETE
New with additional activity	/workouts/new/:numberOfActivities	POST