Database User
Hain pass
User sessions

Register

login

Select Excerise/home

Exercis DB
50|50

Motivitional/
Tips

Tips DB

recire

API DB

logout

User

adds Exccusrs.
that User
want

Database User
Hain pass
User sessions

admin

Register

Email
name
user name
Pass

Login

Username

Pass

Logout

Message

Logout

Recipe:

Vegan
Rec
...

...
...
...

*Redirect you to a different page that has that recipe information

Home

Message

Back
Chest
Legs

Gym
Calf

Last time: Squats.
Quote

*Redivets you to a different page that has info

Routine

M	T	W	F
Squats:			
Set Reps			
Deadlift			
Previous			
last cycle			