

Exercise

Name	Description	Data type	Key
IDex	Identification number of exercise	INT	Primary key
Name	Name of the exercise	VARCHAR(0-255)	
Type	Executed for some time or quantity of repetitions	BOOLEAN(Q/T)	
Active	Indicator of presence in current routine	BOOLEAN(Y/N)	Default 'Y'
1or2sides	Is it exercise for 2 sides separately	BOOLEAN(1/2)	Default '1'

SetQrep1side

Name	Description	Data type	
date	Of performing exercise	DATE	Complex key
time	Of performing exercise	TIME	Complex key
IDset		INT	Complex key
SetNumber	define the position of sets ordered by time of execution	TINYINT	
Qreps	Quantity of repetitions	SMALLINT	
IDofEx	ID of executed exercise	INT	Foreign key

SetThold1side

Name	Description	Data type	
date	Of performing exercise	DATE	Complex key
time	Of performing exercise	TIME	Complex key
IDset		INT	Complex key
NumberSet	define the position of sets ordered by time of execution	TINYINT	
Thold	Time of executing exercise	TIME	
IDofEx		INT	Foreign key

SetQrep2sides

Name	Description	Data type	
date	Of performing exercise	DATE	Complex key
time	Of performing exercise	TIME	Complex key
IDset		INT	Complex key
NumberSet	define the position of sets ordered by time of execution	TINYINT	
QrepsLeft	Quantity of reps on left side	SMALLINT	
QrepsRight	Quantity of reps on right side	SMALLINT	
IDofEx		INT	Foreign key

SetThold2sides

Name	Description	Data type	
date	Of performing exercise	DATE	Complex key
time	Of performing exercise	TIME	Complex key
IDset		INT	Complex key
NumberSet	define the position of sets ordered by time of execution	TINYINT	
TholdLeft	Time of holding exercise on left side	TIME	
TholdRight	Time of holding exercise on right side	TIME	
IDofEx	Id of performed exercise	INT	Foreign key