

training			
	Column Name	Condensed Type	Nullable
	training_id	int	No
	training_person_id	int	No
	training_date	date	No

series			
	Column Name	Condensed Type	Nullable
	series_training_id	int	No
	series_exercise_id	int	No
	series_id	int	No
	series_reps	int	No
	series_weight	decimal(4, 1)	No

FK_series_training_id

FK_series_exercise_id

exercise			
	Column Name	Condensed Type	Nullable
	exercise_id	int	No
	exercise_name	varchar(55)	No
	exercise_description	varchar(55)	No

person			
	Column Name	Condensed Type	Nullable
	person_id	int	No
	person_name	varchar(50)	No
	person_lastname	varchar(50)	No
	person_email	varchar(50)	No
	person_gender	varchar(1)	No
	person_high	decimal(4, 1)	No
	person_weight	decimal(4, 1)	No
	person_birthday	date	No
	person_password	char(82)	No

FK_training_person_id