Fitness App Code Document

**GENERAL REQUIREMENTS:**

* Exercises
  + Have performance value (time, reps, weighty)
  + Have performance prefix
  + All have a name and notes
  + Act as a blueprint in sets
    - Changes to an Exercise will have an effect in all workouts they are in (increasing the weight by 2kg will do so in every workout)
* Workouts
  + Contain sets of exercises
  + Contain Pauses in between sets
  + Provide properties for exercise and set amount
* Sets
  + Have a pause length for pauses in between exercises
  + Have an amount of exercise repetitions
  + Contain the exercise
  + Have an offset of the blueprint performance value