

ChestExercise		
exercise_id	PK ,FK	int
chestElement		nvarchar(50)

ArmExercise		
exercise_d	PK, FK	int
armElement		nvarchar(50)

LegsExercise		
exercise_d	PK, FK	int
legs		nvarchar(50)

Exercise		
exercise_id	PK	int
Name		nvarchar(50)
Difficulty		nvarchar(50)
Equipment		nvarchar(50)
RepRange		int
Weight		float
PictureURL		nvarchar(150)

BackExercise		
exercise_id	PK, FK	int
backElement		nvarchar(50)

CoreExercise		
exercise_id	PK , FK	int

NeckExercise		
exercise_id	PK , FK	int

ShoulderExercise		
exercise_id	PK , FK	int
shoulderHead		nvarchar(50)

User	
user_id	PK int
firstName	nvarchar(50)
username	nvarchar(50)
password	nvarchar(100)
type	nvarchar(50)

Cardio	
cardio_id	PK int
Name	nvarchar(50)
Calories	int
Difficulty	nvarchar(50)

