

Back

Users

ID	Name	Goal	Email	Phone	Membership
1	Vihaan	Muscle Building	vihaan@example.com	555-01001	Premium
2	John	Weight Loss	john@example.com	555-01002	Basic
3	Alice	Endurance	alice@example.com	555-01003	Premium
4	Mark	General Fitness	mark@example.com	555-01004	Basic
5	Emma	Muscle Building	emma@example.com	555-01005	Premium
6	David	Weight Loss	david@example.com	555-01006	Basic
7	Sophia	Endurance	sophia@example.com	555-01007	Premium
8	Daniel	General Fitness	daniel@example.com	555-01008	Basic
9	Chloe	Muscle Building	chloe@example.com	555-01009	Premium
10	Ethan	Weight Loss	ethan@example.com	555-01010	Basic
11	Liam	Endurance	liam@example.com	555-01011	Premium
12	Ava	General Fitness	ava@example.com	555-01012	Basic
13	Noah	Muscle Building	noah@example.com	555-01013	Premium
14	Grace	Weight Loss	grace@example.com	555-01014	Basic
15	Zara	Endurance	zara@example.com	555-01015	Premium

Workout Plan

Day	Workout Day	Exercise	Sets	Reps	Duration
1	Push Day	Deadlift	3	9	47
		Lunges	3	10	41
		Jump Rope	4	12	49
2	Pull Day	Incline Du...	3	8	21
		Cycling	3	8	53
		Leg Press	3	11	42
3	Leg Day	Treadmill	3	9	50
		Shoulder Pr...	4	11	39
4	Cardio	Plank	4	9	54
		Shoulder Pr...	4	8	45
		Push-up	3	11	42
5	Full Body	Incline Du...	3	11	23
		Squat	4	12	33