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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	Alex	Muscle Building	alex@example.com	555-01009	Premium

Workout Plan

Day	Workout Day	Exercise	Sets	Reps	Duration
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