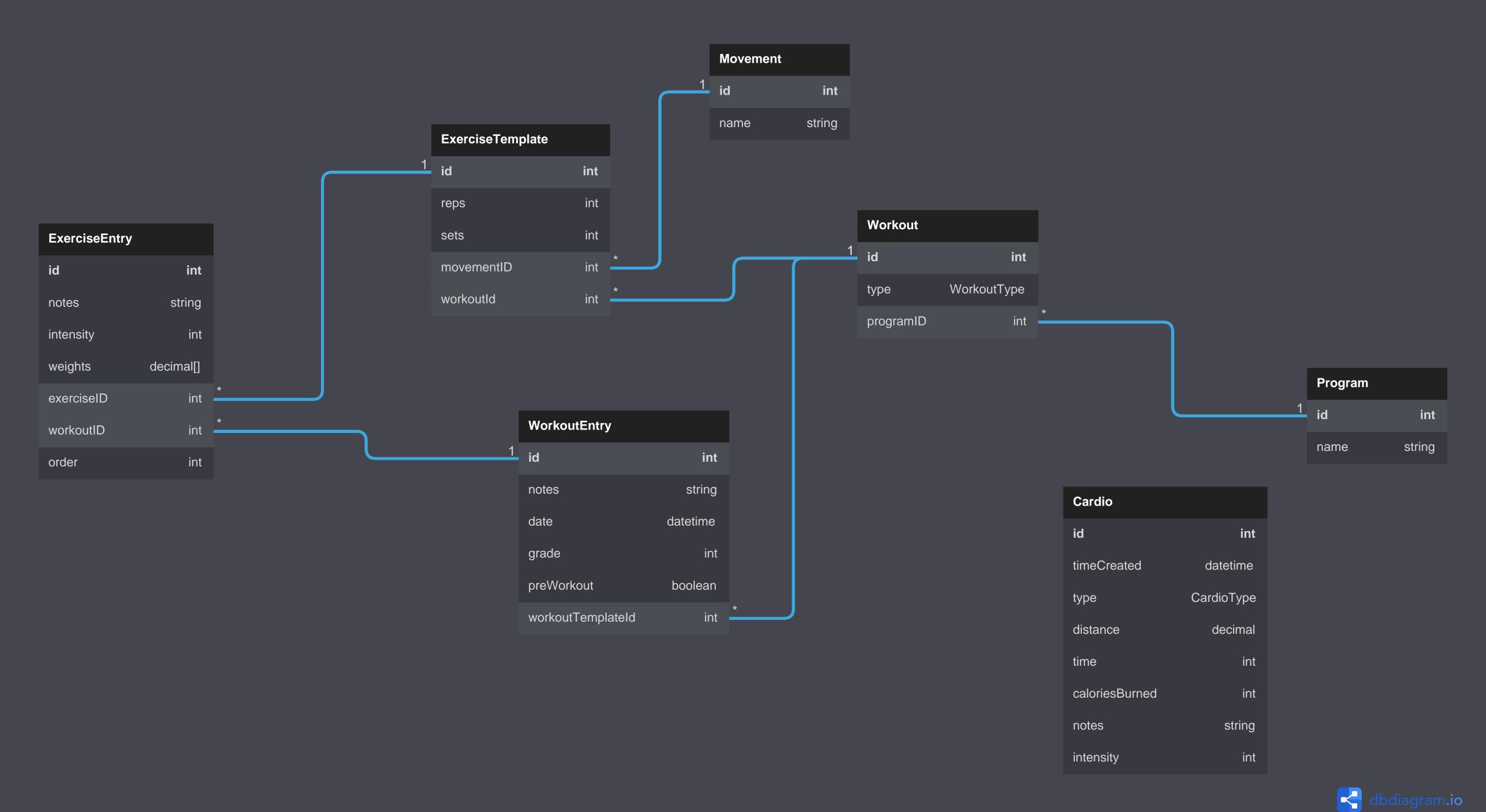


Program	
id	int
name	string

Cardio	
id	int
timeCreated	datetime
type	CardioType
distance	decimal
time	int
caloriesBurned	int
notes	string
intensity	int





```
Enum WorkoutType {
  pushHeavy
  pullHeavy
  legsHeavy
  pushLight
  pullLight
  legsLight
Enum CardioType {
  run
  bike
  swim
  elliptical
  stairs
  rowing
  sports
  climbing
  hike
  sport
  other
```

