

7.5 Appendix – Exercise Database design concept

Exercise database design

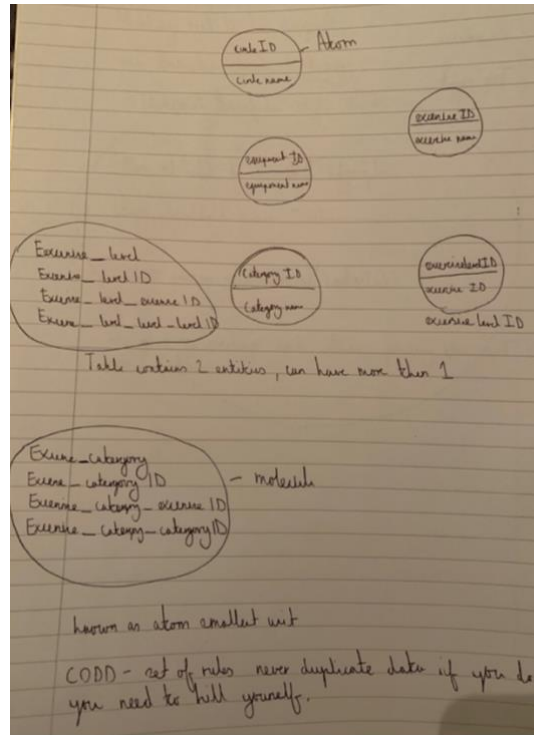


Figure Error! No text of specified style in document..1 Atom/ molecule analogy for my database design

Level Table		Exercise Table		Muscle Table	
Id	Description	Id	Description	Id	Description
1	Intermediate	29	ab crunch machine	1	Abs
2	Beginner	1	ab roller	2	Upper Legs
3	Expert	2	adductor foam roll	3	Adductor
4	Beginner	3	adductor/groin stretch	4	Glutes
Category Table		4	advanced kettlebell windmill	5	Cardio
Id	Description	5	air bike	6	Quadriceps
1	Strength	6	all fours quad stretch	7	Arms
2	Stretching	7	alternate hammer curl	8	Biceps
3	Cardio	8	alternate heel touchers	9	Shoulders
4	Plyometrics	9	alternate incline dumbbell curl	10	Chest
5	Strongman	10	alternate leg diagonal bound	11	Hamstrings
6	Powerlifting	11	alternating cable shoulder press	12	Back
7	Olympic Weightlifting	12	alternating deltoid raise	13	Abs Chest
Equipment Table		13	alternating floor chest press	14	Lower Legs
Id	Description	14	alternating hang clean	15	Calves
1	Other	15	alternating kettlebell press	16	Lats
2	Foam Roll	16	alternating kettlebell row	17	Adductors
3	Body	17	alternating lunge jump	18	Triceps
4	Kettlebell	18	alternating renegade row	19	Traps
5	Dumbbell	19	ankle circles	20	Forearm
6	Cable	20	ankle on the knee	21	Neck
7	EZ bar	21	anterior tibialis foam roll	22	Forearms
8	Machine	22	anti-gravity press	23	Abductors
9	Bands	23	arm circles		
10	Medicine ball	24	arnold dumbbell press		
11	Exercise ball	25	around the worlds		
12	Barbell	26	atlas stone trainer		
13	Kettlebells	27	atlas stones		
		28	axle deadlift		
		30	back flies with bands		
		474	back quad stretch		
		457	Back shrug		
		31	backward drag		
		33	balance board		
		35	band assisted pull-up		
		180	band crossover		
		36	band good morning		
		37	band good morning - pull through		
		38	band hip adductions		
		39	band pull apart		
		40	band skull crusher		
		649	bands shoulder press		
		41	barbell ab rollout		
		42	barbell ab rollout - on knees		

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