

Client

<u>Client ID</u>	First Name	Last Name	Address	Phone
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Contract

<u>Contract ID</u>	Client ID	Trainer ID	Exp Date
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Workout Time

<u>Plan ID</u>	Contract ID	Days	Time	Workouts
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Workout Plan

<u>Workout ID</u>	Exercis Name	Sets	Weight_Used
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Weights

<u>Weight ID</u>	Weight Type	Weight Increments
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Trainer

<u>Trainer ID</u>	First Name	Last Name	Salary	Days Available
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