Client

ClientID
ClientName
    (Last,First)
Address
Phone

Trainer

TrainerID
TrainerName
    (Last, First Name)
Salary
Days Available

Contract

ContractID
Experation Date

Weights

WeightID
Weight Type
Weight Incruments

Workout

WorkoutID
ExerciseName
Sets
Weights Used

WorkoutSetup

WeightID
Weight Type
Weight Incruments

WorkoutTime

PlanID
Time
Days