

users	
id	int
username	varchar
password	varchar
first_name	varchar
last_name	varchar
birthday	date
preferred_units	int

templates	
id	int
user_id	int

template_exercises	
id	int
template_id	int
exercise_id	int

units	
id	int
unit	varchar

workouts	
id	int
user_id	int
started	datetime
completed	datetime

sets	
id	int
workout_exercises	int
exercise	int
target_weight	int
completed_weight	int
target_reps	int
completed_reps	int
target_RPE	int
complete_RPE	int
resttime	int

workout_exercises	
id	int
workout_id	int
exercise_id	int

