	UserDetails										
UID	NAME	EMAIL	NUMBER	DOB	Initial Weight	Target Weight	ImageID				
							-				
							1				
							1				
Jan	Jan2023		Feb2023			Mar2023					
UID	WEIGHT		UID	WEIGHT		UID	WEIGHT				
							<u> </u>				
							+				
							+				
CHEST		Calves									
		Standing Calf									
Incline push up		Raises		Incline push up			Flat bench press				
Flat bench press		Seated Calf Raises		UID	MONTH		UID	MONTH			
Incline bench		Elevated Calf									
press		Raises			1						
Decline bench press		Jump Rope									
p. 000		Bent-Knee Calf									
Pushup		Raises									
Cable crossover		Single-Leg Calf Raises									
Chest dip		Farmer's Carry									

Resistance band pullover				
LAT	Biceps			
Dumbbell Row	Barbell Curls.			
Dumbbell Pullover	Bar Cable Curls.			
Landmine Row	EZ Bar Preacher Curls.			
Bent Over Row	Incline Dumbbell Curls.			
Pendlay Row	One arm Dumbbell Preacher Curls.			
Lat Pulldown	Reverse barbell curls.			
Cable Row	Seated Dumbbell Curls.			
T Bar Row	Standing Biceps Cable Curl.			