Description: The `fit_mind` database supports a fitness platform, enabling trainees and trainers to connect through categorized workout programs and videos. It includes tables for managing user accounts (TRAINEE, TRAINER), workout categories (CATEGORY), video resources (WORKOUT_VIDEO), and structured programs (WORKOUT_PROGRAM). Relationships are established between trainers, categories, videos, and programs to maintain data integrity and organization.

```
#DDL
# 1. Create DB
CREATE DATABASE fit_mind;

# 2. Create DB tables
# 2.1 Trainee table
CREATE TABLE TRAINEE
(
    id          int primary key,
    username    varchar(10) unique  not null,
    password    varchar(20)         not null,
    email       varchar(255) unique not null,
    gender      char(1) check ( gender = 'f' or gender = 'm'),
    created_at TIMESTAMP DEFAULT CURRENT_TIMESTAMP

);

# 2.2 Trainer table
CREATE TABLE TRAINER
(
    id          int primary key,
    username    varchar(10) unique  not null,
    password    varchar(20)         not null,
    email       varchar(255) unique not null,
    created_at TIMESTAMP DEFAULT CURRENT_TIMESTAMP
);

# 2.3 Category table
CREATE TABLE CATEGORY
(
    id   int primary key,
    name varchar(50) unique not null
);
```

```
# 2.4 Workout_video table
CREATE TABLE WORKOUT_VIDEO
(
    id          int primary key,
    video_length int            not null,
    video_url   varchar(255) unique not null,
    created_at   TIMESTAMP DEFAULT CURRENT_TIMESTAMP
);


# 2.5 Workout_program table
CREATE TABLE WORKOUT_PROGRAM
(
    id          int primary key,
    description    varchar(100) not null,
    number_of_days int        not null,
    total_hours    int        not null,
    created_at     TIMESTAMP DEFAULT CURRENT_TIMESTAMP,
    trainer_id    int        not null,
    foreign key (trainer_id) references trainer (id),
    category_id   int        not null,
    foreign key (category_id) references category (id),
    video_id      int        not null,
    foreign key (video_id) references workout_video (id)
);


#DML
# 1. Insert new values
# 1.1  Insert into trainee table
INSERT INTO TRAINEE VALUES (1, 'renad.xo2', 'rex@1829', 'renad@gamil.com', 'f', null);
INSERT INTO TRAINEE VALUES (2, 'saleh21', 's$43252', 'saleh@gamil.com', 'm', null);
INSERT INTO TRAINEE VALUES (3, 'mohamed_i9', 'mo6542', 'mohamed@gamil.com', 'm',
null);
INSERT INTO TRAINEE VALUES (4, 'salem2', 's@ll21', 'salem@gamil.com', 'm', null);
INSERT INTO TRAINEE VALUES (5, 'sara.32', 'saa&9535', 'sara@gamil.com', 'f', null);


# 1.2  Insert into trainer table
INSERT INTO TRAINER VALUES (1, 'roaa.20', 'r$8984', 'roaa@gamil.com', null);
INSERT INTO TRAINER VALUES (2, 'saad3', '64548&7', 'saad@gamil.com',  null);
INSERT INTO TRAINER VALUES (3, 'kahled44', 'k7123', 'kahled@gamil.com',  null);
INSERT INTO TRAINER VALUES (4, 'lena11', 'l46665#5', 'lena@gamil.com',  null);
INSERT INTO TRAINER VALUES (5, 'samar55', '448654', 'samar@gamil.com',  null);


# 1.3 Insert into category table
INSERT INTO CATEGORY VALUES (1, 'Flexibility & Mobility');
INSERT INTO CATEGORY VALUES (2, 'Cardiovascular');
INSERT INTO CATEGORY VALUES (3, 'Weight Loss & Fat Burn');
INSERT INTO CATEGORY VALUES (4, 'Bodybuilding');
INSERT INTO CATEGORY VALUES (5, 'Core and Abdominal');
```

```
# 1.4 Insert into workout_video table
INSERT INTO WORKOUT_VIDEO VALUES
(1,20,'https://www.youtube.com/watch?v=dIjnYqbrTws',null);
INSERT INTO WORKOUT_VIDEO VALUES
(2,45,'https://www.youtube.com/watch?v=UBMk30rjy0o',null);
INSERT INTO WORKOUT_VIDEO VALUES
(3,30,'https://www.youtube.com/watch?v=ZLFmPHoOe3Y',null);
INSERT INTO WORKOUT_VIDEO VALUES
(4,15,'https://www.youtube.com/watch?v=ml6cT4AZdqI',null);
INSERT INTO WORKOUT_VIDEO VALUES
(5,53,'https://www.youtube.com/watch?v=IODxDxX7oi4',null);

# 1.5 Insert into workout_program table
INSERT INTO WORKOUT_PROGRAM VALUES
(1, 'A full-body workout program targeting all major muscle groups with cardio.', 25, 12, null,
1, 2, 1),
(2, 'A high-intensity interval training (HIIT) program for fat burning and improved endurance.',
15, 11.25, null, 2, 3, 2),
(3, 'Strength training focusing on upper body strength and muscle development.', 30, 15,
null, 3, 4, 3),
(4, 'A yoga program designed for flexibility and relaxation for all skill levels.', 60, 30, null, 4,
1, 4),
(5, 'An advanced bodybuilding program designed to build strength and muscle mass.', 45,
22.5, null, 5, 4, 5);

# 2. Select data
# 2.1 Display trainees whose gender is 'f' (female)
SELECT * FROM TRAINEE WHERE gender = 'f';

# 2.2 Display trainers whose username contains 'sa'
SELECT * FROM TRAINER WHERE username LIKE '%sa%';

# 2.3 Display ategories where the name contains 'Body'
SELECT * FROM CATEGORY WHERE name LIKE '%Body%';

# 2.4 Display workout videos with a length greater than 30 minutes
SELECT * FROM WORKOUT_VIDEO WHERE video_length > 30;

# 2.5 Display workout programs with a number of days greater or equal than 20 days
SELECT * FROM WORKOUT_PROGRAM WHERE number_of_days >= 20;

# 3. Update
# 3.1 Update a record in the trainee table
UPDATE TRAINEE SET email = 'renad2022@gamil.com' WHERE id = 1;

# 3.2 Update a record in the trainer table
UPDATE TRAINER SET password = 'fgdyy44' WHERE id = 2;
```

```
# 3.3 Update a record in the category table
UPDATE CATEGORY SET name = 'Power Training' WHERE id = 3;

# 3.4 Update a record in the workout_video table
UPDATE WORKOUT_VIDEO SET video_length = 25 WHERE id = 4;


# 3.5 Update a record in the workout_program table
UPDATE WORKOUT_PROGRAM SET description = 'Full-body workout program focusing
on strength and mobility.' WHERE id = 1;

# 4. Delete
# 4.1 Delete a record in the trainee table
DELETE FROM TRAINEE WHERE id = 5;

# These four queries related to each other
# 4.2 Delete a record in the workout_program table
DELETE FROM WORKOUT_PROGRAM WHERE id = 4;

# 4.3 Delete a record in the trainer table
DELETE FROM TRAINER WHERE id = 4;

# 4.4 Delete a record in the category table
DELETE FROM CATEGORY WHERE id = 1;

# 4.5 Delete a record in the workout_video table
DELETE FROM WORKOUT_VIDEO WHERE id = 4;
```