ExerciseData

ExerciseId @	integer
NameExercise	String
CatergoryWorkout	enum
MuscleGroup	enum

id integer username varchar role varchar created_at timestamp

id ♀ integer

date_time DateTime

✓ users_id int



ExerciseData		
ExerciseId @	integer	*
NameExercise	String	
CatergoryWorkout	enum	
MuscleGroup	enum	

	workout_plans		
	id 🔑	int	
	name_plans	string	
1	exercise_id	int	
	users_id	int	*

	users		
1	id 🔑	integer	1
	username	varchar	
	role	varchar	
	created_at	timestamp	

