**Inserting Members**

INSERT INTO `member` (`id`, `member\_code`, `name`, `address`, `email`, `password`, `dob`, `gender`, `state\_id`, `city\_id`, `SSN`, `medical`, `tel`, `join\_date`, `diet`, `image`) VALUES ('143', '1234567', 'Aliha Bhandari', 'Bella Apartment', 'alihabhan@gmail.com', 'aliha1232', DATE('1998-08-04'), 'F', '200', '100', '5432326211234', 'OK', '0876565521', DATE('2020-08-04'), '2021-04-01', 'None');

**Showing Members with City and State**

SELECT m.id, m.member\_code, m.name, m.address,m.email, m.dob, m.gender, ct.city, st.state, m.SSN, m.medical, m.tel, m.join\_date, m.diet FROM `member` as m, city as ct, state as st WHERE m.city\_id = ct.id and m.state\_id = st.id

**Insert into Branch**

INSERT INTO `branch` (`id`, `state`, `city`, `pincode`, `address`, `lolcation`) VALUES ('1', 'Bangkok', 'Bangkok', '1179882', 'Empire Tower', '');

**Showing Staffs and branch**

SELECT st.id, st.name, st.address, st.contact, st.gender, st.shift, br.address, st.experience FROM `staff` as st, branch as br WHERE st.branch\_id = br.id

**Inserting into trainer**

INSERT INTO `trainer` (`id`, `branch\_id`, `name`, `address`, `gender`, `contact`, `specialities`, `experience`, `age`, `image`) VALUES ('765', '2', 'Marko Niimaki', 'Webster University Thailand', 'Male', '0654321621', 'Heavy Lifting', '10 Years', '45', 'None');

**Showing trainers with branch**

SELECT tr.id, br.address, tr.name, tr.address, tr.gender, tr.contact, tr.specialities, tr.experience, tr.age FROM `trainer`as tr, branch as br WHERE tr.branch\_id = br.id

**Showing admins**

SELECT ad.id, ad.name, ad.address, ad.mobile, ad.email, ad.dob, ad.gender, ct.city, st.state, ad.profile FROM admin as ad, city as ct, state as st WHERE ad.city\_id = ct.id and ad.state\_id = st.id

**Branching**

SELECT br.id, ct.city, st.state, br.pincode, br.address FROM branch as br, city as ct, state as st WHERE br.state = st.id and br.city = ct.id