

User Table	
userID	Integer used to reference each individual user.
userName	Varchar used to identify each user.
userEmail	Varchar used for user login purposes.
userPassword	Varchar used for user login purposes.
userType	Integer used to reference the type of user and what permissions they will have.

User_Type Table	
typeID	Integer used to reference the different user types.
typeName	Varchar used to describe the user type. In this case, there will be “exerciser”, “trainer”, and “admin”.

Exercise Table	
exerID	Integer used to reference each individual exercise.
exerName	Varchar used to identify each exercise.
exerArea	Integer used to reference which general area the exercise works out.
exerMuscle	Integer used to reference which muscle the exercise works out.
exerDescription	Varchar used to provide information on what the exercise is.
exerInstructions	Varchar used to instruct users on how to do the exercise.
exerAuthor	Integer that matches a userID to determine the author or the exercise.

Area Table	
areaID	Integer used to reference each area.
areaName	Varchar used to state which area of the body will be exercised (Ex. back, chest, etc.).

Muscle Table	
muscleID	Integer used to reference each muscle.
muscleName	Varchar used to state the name of the muscle.