





back_and_bi	
 back_and_bi_id	serial
deadlift	varchar(255)
bent-over_row	varchar(255)
pull-up	varchar(255)
seated_row	varchar(255)
barbell_curl	varchar(255)
chin-up	varchar(255)
hammer_curl	varchar(255)
incline_dumbbell_curl	varchar(255)


leg_day	
 leg_day_id	serial
back_squat	varchar(255)
front_squat	varchar(255)
romanian_deadlift	varchar(255)
walking_lunges	varchar(255)
reverse_lunge	varchar(255)
lateral_lunge	varchar(255)
step_up	varchar(255)

chest_and_tri	
 chest_and_tri_id	serial
incline_push_up	varchar(255)
flat_bench_press	varchar(255)
decline_bench_press	varchar(255)
incline_bench_press	varchar(255)
bench_dips	varchar(255)
dumbbell_triceps_extension	varchar(255)
pushups	varchar(255)
reverse_grip_bench_press	varchar(255)

shoulders	
push-ups	varchar(255)
lateral_raise	varchar(255)
over_head_press	varchar(255)
standing_cable_pulley_fly	varchar(255)
 shoulders_id	serial(255)

workout	
 workout_id	serial
workout_name	varchar(255)
reps	int
rest_time	int
back_and_bi	int
leg_day	int
chest_and_tri	int
shoulders	int

calendar	
 calendar_id	serial
monday	varchar(255)
tuesday	varchar(255)
wednesday	varchar(255)
thursday	varchar(255)
friday	varchar(255)
saturday	varchar(255)
workout_id	int
user_id	int
sunday	varchar(255)

users	
 user_id	serial
username	varchar(255)
email	varchar(255)
password	varchar(255)
first_name	varchar(255)
last_name	varchar(255)