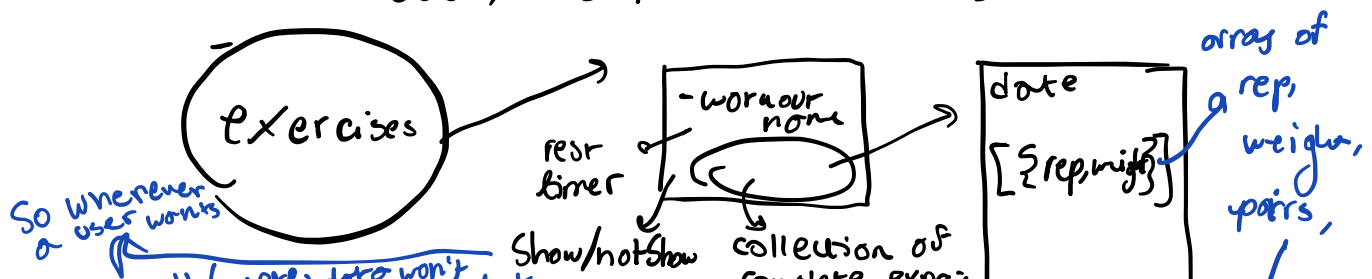


workout → specific workout and its movements

routine → collection of workouts for each day, and throughout the week

exercise → sets / reps / weights for a specific workout

For each user, keep an "exercises" collection



to add/delete, can be lost

it can be used s.t.

complete

will
eventually
generate
graphs
showing
progression

when retrieving data for a
certain workout, only 1 query
needs to be made
to find all data

each
pair signifies
a set

if a user wants line on overview
month, year of what workouts they did this
week, then better queries got to be
made, 1 for each workout

+ might want to show user what they did
lost time for this workout, so this model
would be beneficial.

user cannot modify this collection,
only add it

workouts

- name
- target muscles
- suggested rest time
- desc
- pic(opt)
- video(opt)
- exercise type

rest timers
should be customizable

will have different
Ui based on type

- plates → and SetObjects
- dumbbell
- cardio
- body weight

Methods:

```

- get Today's workouts (uid, day of week) {
  get Doc (users, uid)
  for (exercise: routine[day of week]) {
    return exercise Objects
  }
}

```

Diagram annotations: A bracket above the loop indicates iteration. An arrow points from 'day of week' to a sequence '0 ... 6'. Below '0' is 'Sun' with an arrow pointing up. Below '6' is 'Sat' with an arrow pointing up.

```

- add Set (exercise Id, set Object) {
  add Doc (users, uid, exercises, exercise Id,
           sets, date)
}

```

```

-
+ basis
- login()
- logout()

```

Will add advanced data queries later