

categories	
PK	category_id
	category_name

exersizes	
PK	exercise_id
FK	workout_id
	exercise_name
	num_reps
	num_sets
	weight

workout_category	
PK,FK1	workout_id
PK,FK2	category_id

workouts	
PK	workout_id
FK	client_id
	workout_name
	estimated_hrs
	RPE
	price

clients	
PK	client_id
	first_name
	last_name
	phone
	proficiency

