

users	
PK	<u>id</u>
	first_name
	last_name
	email
	password_digest
	username
	gender
	unit_prefs
	height
	weight

sessions	
PK	<u>session_id</u>
	type
FK	user_id
	row 3

liftsets	
PK	<u>set_id</u>
FK	session_id
FK	motion
	reps
	weight
	rest

motions	
PK	<u>id</u>
	name

