WorkoutRails domain model

Category	title string

User	current_sign_in_at datetime
	current_sign_in_ip inet
	email string * U
	encrypted_password string *
	last_sign_in_at datetime
	last_sign_in_ip inet
	remember_created_at datetime
	reset_password_sent_at datetime
	reset_password_token string
	sign_in_count integer *

Workout	title string

Exercise	name string

WorkoutsExercise

Numset	number string

Rep	number string