

**Session**

SessionId  
SessionStartTime  
SessionEndTime  
SessionName  
SessionComment

**Routine**

RoutineId  
ExercisId  
SessionOrder  
RoutineName  
RoutineComment

**RoutineSet**

RoutineSetId  
RoutineId  
SetId

**Set**

SetId  
Reps  
Weight  
Seconds

**Exercise**

ExercisId  
ExerciseTypeId  
ExerciseName  
ExerciseDescription

**ExerciseType**

ExerciseTypeId  
ExerciseTypeName