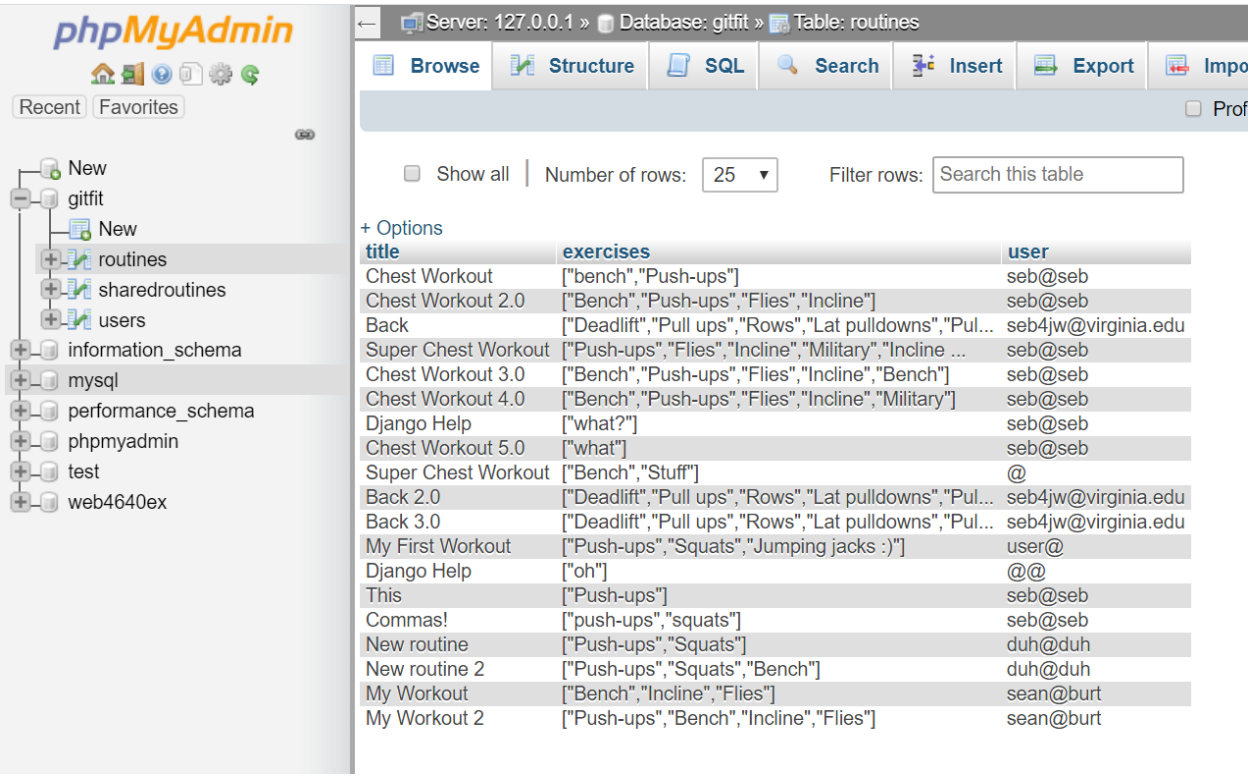
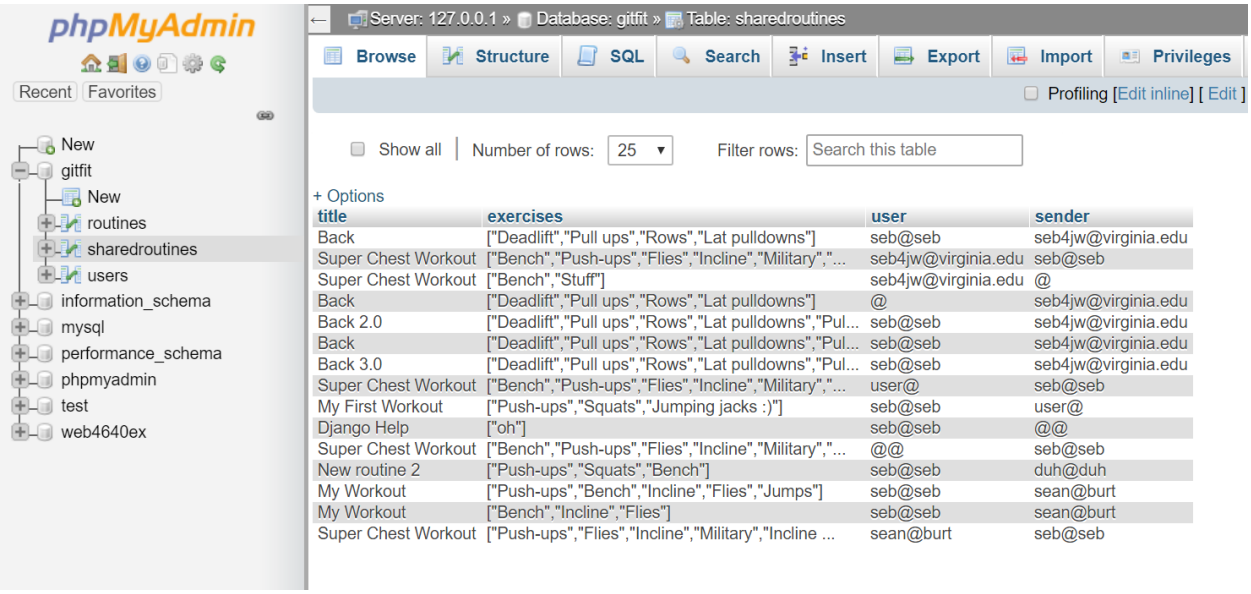
Routines Table



title	exercises	user
Chest Workout	["bench","Push-ups"]	seb@seb
Chest Workout 2.0	["Bench","Push-ups","Flies","Incline"]	seb@seb
Back	["Deadlift","Pull ups","Rows","Lat pulldowns","Pul...	seb4jw@virginia.edu
Super Chest Workout	["Push-ups","Flies","Incline","Military","Incline ...	seb@seb
Chest Workout 3.0	["Bench","Push-ups","Flies","Incline","Bench"]	seb@seb
Chest Workout 4.0	["Bench","Push-ups","Flies","Incline","Military"]	seb@seb
Django Help	["what?"]	seb@seb
Chest Workout 5.0	["what"]	seb@seb
Super Chest Workout	["Bench","Stuff"]	@
Back 2.0	["Deadlift","Pull ups","Rows","Lat pulldowns","Pul...	seb4jw@virginia.edu
Back 3.0	["Deadlift","Pull ups","Rows","Lat pulldowns","Pul...	seb4jw@virginia.edu
My First Workout	["Push-ups","Squats","Jumping jacks :)"]	user@
Django Help	["oh"]	@@
This	["Push-ups"]	seb@seb
Commas!	["push-ups","squats"]	seb@seb
New routine	["Push-ups","Squats"]	duh@duh
New routine 2	["Push-ups","Squats","Bench"]	duh@duh
My Workout	["Bench","Incline","Flies"]	sean@burt
My Workout 2	["Push-ups","Bench","Incline","Flies"]	sean@burt

As shown, it has a title (varchar(50)), exercises (varchar(1000)), and user column (varchar(50)) to store the data about each routine.

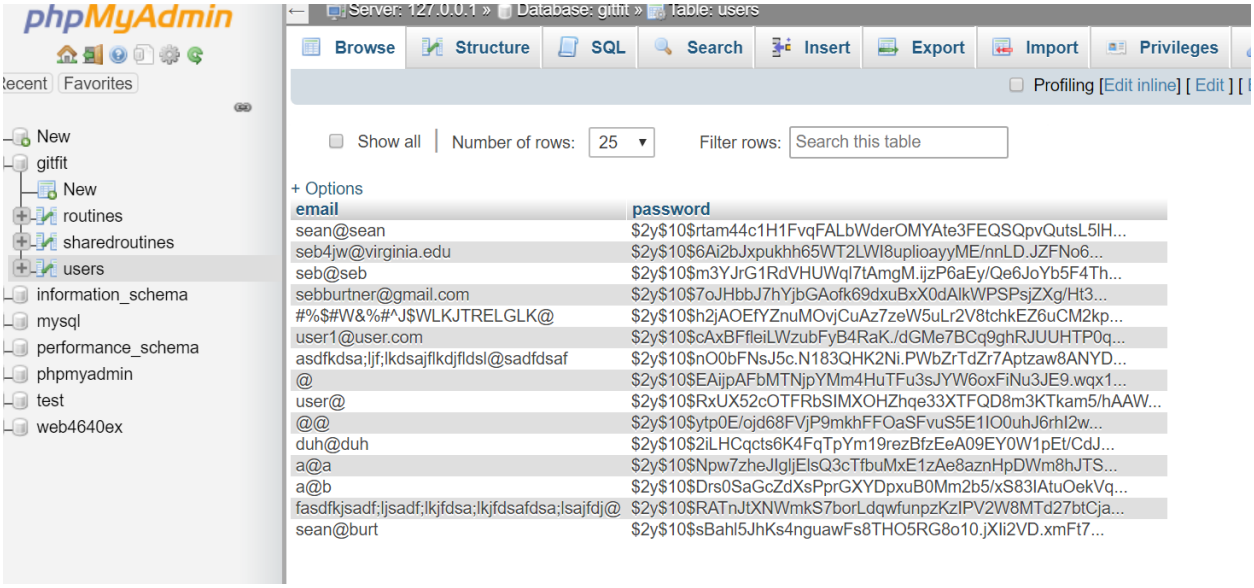
Shared Routines Table



title	exercises	user	sender
Back	["Deadlift","Pull ups","Rows","Lat pulldowns"]	seb@seb	seb4jw@virginia.edu
Super Chest Workout	["Bench","Push-ups","Flies","Incline","Military","...	seb4jw@virginia.edu	seb@seb
Super Chest Workout	["Bench","Stuff"]	seb4jw@virginia.edu	@
Back	["Deadlift","Pull ups","Rows","Lat pulldowns"]	@	seb4jw@virginia.edu
Back 2.0	["Deadlift","Pull ups","Rows","Lat pulldowns","Pul...	seb@seb	seb4jw@virginia.edu
Back	["Deadlift","Pull ups","Rows","Lat pulldowns","Pul...	seb@seb	seb4jw@virginia.edu
Back 3.0	["Deadlift","Pull ups","Rows","Lat pulldowns","Pul...	seb@seb	seb4jw@virginia.edu
Super Chest Workout	["Bench","Push-ups","Flies","Incline","Military","...	user@	seb@seb
My First Workout	["Push-ups","Squats","Jumping jacks :)"]	seb@seb	user@
Django Help	["oh"]	seb@seb	@@
Super Chest Workout	["Bench","Push-ups","Flies","Incline","Military","...	@@	seb@seb
New routine 2	["Push-ups","Squats","Bench"]	seb@seb	duh@duh
My Workout	["Push-ups","Bench","Incline","Flies","Jumps"]	seb@seb	sean@burt
My Workout	["Bench","Incline","Flies"]	seb@seb	sean@burt
Super Chest Workout	["Push-ups","Flies","Incline","Military","Incline ...	sean@burt	seb@seb

As shown, it has a title (varchar(50)), exercises (varchar(1000)), user (varchar(50)), and sender column (varchar(50)) to store the data about each shared routine.

Users Table



As shown, it has an email (varchar(50)) and password column (varchar(255)) to store the data about each user.