**Users**

|  |  |  |
| --- | --- | --- |
| Id | Email | Password |
| 1 | 1 | 1 |

**userInfo**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Id | userId | age | Fname | Lname | Height | Weight | Gym |
| 1 | 1 |  | test | test |  |  | 24 |

**REF exerice type**

|  |  |
| --- | --- |
| **id** | **DisplayName** |
| 1 | Shoulders |
| 2 | Arms |
| 3 | Chest |
| 4 | Back |
| 5 | Abdomin |
| 6 | Legs |
| 7 | Cardio |
|  |  |

REF\_Shoulder\_Muscles

|  |  |  |
| --- | --- | --- |
| **Id** | **DisplayName** | **Muscle\_Image** |
| 1 | Lateral |  |
| 2 | Anterior |  |
| 3 | Posterior |  |
|  |  |  |
|  |  |  |
|  |  |  |

Shoulder\_exercises

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Id | Exercise\_name | Exercise\_Difficulty | Exercise\_muslce\_groups | Exercise\_img |
| 1 | Dumbell Press | Medium | 2 |  |
| 2 | Barbel Shoulder Press | Easy | 2 |  |
| 3 | Dumbell side laterals | Easy | 3 |  |