



Routines	
id 🔑	text
name	text
lastdate	datetime

RoutineExercises	
routineId 🔑	text
exerciseId 🔑	text
series	text
repetitions	integer

Exercises	
id 🔑	text
name	text
force	text
level	text
mechanic	text
equipment	text
primaryMuscles	text
secondaryMuscles	text
instructions	text
category	text
images	text

