

### exercises

id	int
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name	varchar
------	---------

desc	varchar
------	---------

### user

email	email
-------	-------

password	password
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### program

id	int
----	-----

name	varchar
------	---------

email	email
-------	-------

day	varchar
-----	---------

sets	int
------	-----

reps	int
------	-----

weight	int
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