

users		
id	↗	bigserial NN
email		varchar NN
password		varchar NN
username		varchar NN
created_at		timestampz NN
birthday		timestampz

workouts		
id	↗	bigserial NN
user_id		bigserial NN
title		varchar NN
body		text NN
last		timestamp NN
exe1		bigserial
exe2		bigserial
exe3		bigserial
exe4		bigserial
exe5		bigserial
exe6		bigserial
exe7		bigserial

exercises		
id	↗	bigserial NN
workout_id		bigserial NN
type		varchar NN
title		varchar NN
desc		text
set1		bigint
weight1		bigint
set2		bigint
weight2		bigint
set3		bigint
weight3		bigint
set4		bigint
weight4		bigint
last_volume		bigint NN

users		
id	bigserial	NN
email	varchar	NN
password	varchar	NN
username	varchar	NN
created_at	timestamptz	NN
birthday	timestamptz	

workouts		
id	bigserial	NN
user_id	bigserial	NN
title	varchar	NN
body	text	NN
last	timestamp	NN
exe1	bigserial	
exe2	bigserial	
exe3	bigserial	
exe4	bigserial	
exe5	bigserial	
exe6	bigserial	
exe7	bigserial	

exercises		
id	bigserial	NN
workout_id	bigserial	NN
type	varchar	NN
title	varchar	NN
desc	text	
set1	bigint	
weight1	bigint	
set2	bigint	
weight2	bigint	
set3	bigint	
weight3	bigint	
set4	bigint	
weight4	bigint	
last_volume	bigint	NN