

Lifter

uid	Username	First	weight
1	Baumpy	James	161

Exercise

eid	Name	Description
1	Squat	Squat
2	Leg press	Use the machine
3	Lunge	lunge idiot
4	Bench press	Push the bar
5	Dumbbell bench	Push the dumbbells

WorkoutDate

wdkey	wid	Date
1	1	2/06/2013
2	2	2/8/2013
3	1	2/13/2013

Split

skey	StartDate	EndDate
1	2/06/2013	2/13/2013
2	2/14/2013	2/26/2013

Workout

wid	eid	Sets	Reps
1	1	5	5
1	2	3	10
1	3	4	10
2	4	5	5
2	5	5	10

LifterWorkoutHistory

uid	wdkey	weight	comments
1	1	160	It was shit
1	2	160	Still shit
1	3	161	I gained a pound

Lifts

uid	wdkey	eid	Set	Reps	Weight
1	1	1	1	5	185
1	1	1	2	5	225
1	1	1	3	5	225
1	1	1	4	5	225
1	1	1	5	5	225
1	1	2	1	10	315
1	1	2	2	10	315
1	1	2	3	10	315
1	1	3	1	10	135
1	2	4	1	5	135
1	2	4	2	5	140
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>5</u>	<u>225</u>