**Lifter**

|  |  |  |  |
| --- | --- | --- | --- |
| **uid** | **Username** | **First** | **weight** |
| 1 | Baumy | 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 |

**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 |
| ***1*** | ***1*** | ***1*** | ***1*** | ***5*** | ***225*** |

**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 |