Jeremy Odell

Example NoSQL Database Entries

{

Date: “Tuesday, October 5, 2021 1:01:01 PM”,

Workouts: [

{

Length: 60,

Type: Cardio,

Movements: [

{

Name: Running,

Muscle Worked: Cardio,

Weight: Null,

Sets: 1,

Repetitions: 1,

Length: 60

}

]

}

]

},

{

Date: “Wednesday, October 6, 2021 1:01:01 PM”,

Workouts: [

{

Length: 45,

Type: Lifting,

Movements: [

{

Name: Bench Press,

Muscle Worked: Chest,

Weight: 315,

Sets: 10,

Repetitions: 10,

Length: Null

},

{

Name: Pull Up,

Muscle Worked: Back,

Weight: Null,

Sets: 10,

Repetitions: 10,

Length: Null

},

]

}

]

},

{

Date: “Thursday, October 7, 2021 1:01:01 PM”,

Workouts: [

{

Length: 90,

Type: Lifting,

Movements: [

{

Name: Squat,

Muscle Worked: Legs,

Weight: 315,

Sets: 10,

Repetitions: 10,

Length: Null

},

{

Name: Deadlift,

Muscle Worked: Legs,

Weight: 315,

Sets: 10,

Repetitions: 10,

Length: Null

},

]

}

]

}