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-- File generated with SQLiteStudio v3.4.4 on Sun May 12 16:17:09 2024
--
-- Text encoding used: System
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PRAGMA foreign_keys = off;

BEGIN TRANSACTION;

-- Table: ExerciseByBodypart

DROP TABLE IF EXISTS ExerciseByBodypart;

CREATE TABLE IF NOT EXISTS ExerciseByBodypart (
    Category INTEGER NOT NULL,
    ExerciseID INTEGER PRIMARY KEY AUTOINCREMENT
        UNIQUE
        NOT NULL,
    Name TEXT UNIQUE
        NOT NULL
)

STRICT;

INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (1, 1, 'Back Squat');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (1, 2, 'Front Squat');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (1, 3, 'Lunge');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (1, 4, 'Leg Press');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (2, 5, 'Barbell Row');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (2, 6, 'Pull Down');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (2, 7, 'Deadlift');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (2, 8, 'Overhand Pull Ups');
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INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (3, 9, 'Flat Bench Press');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (3, 10, 'Incline Bench Press');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (3, 11, 'Dumbbell Flies');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (3, 12, 'Push Ups');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (4, 13, 'Military Press');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (4, 14, 'Side Lateral Raise');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (4, 15, 'Hand Stands');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (4, 16, 'Clean and Press');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (5, 17, 'Barbell Curl');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (5, 18, 'Dumbbell Curl');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (5, 19, 'Underhand Pull Up');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (5, 20, 'Hammer Curl');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (6, 21, 'Push Down');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (6, 22, 'Close Grip Bench');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (6, 23, 'Skull Crusher');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (6, 24, 'Paralled Bar Dip');
INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name) VALUES (1, 25, 'Goblet Squat');

```

-- Table: WorkoutLog

```
DROP TABLE IF EXISTS WorkoutLog;
```

```

CREATE TABLE IF NOT EXISTS WorkoutLog (
    LogID    INTEGER NOT NULL
            PRIMARY KEY AUTOINCREMENT
            UNIQUE,
    TemplateID INTEGER REFERENCES WorkoutTemplate (TemplateID),
    DateTime TEXT NOT NULL,

```

```
    Comment    TEXT
)
```

```
STRICT;
```

```
INSERT INTO WorkoutLog (LogID, TemplateID, DateTime, Comment) VALUES (1, 1, '5/06/2024,
12:30pm', 'Good workout');
```

```
INSERT INTO WorkoutLog (LogID, TemplateID, DateTime, Comment) VALUES (2, 2, '5/08/2024,
10:20am', 'Very tired');
```

```
INSERT INTO WorkoutLog (LogID, TemplateID, DateTime, Comment) VALUES (3, 4, '5/10/2024,
01:15pm', 'Exhausting workout');
```

```
-- Table: WorkoutTemplate
```

```
DROP TABLE IF EXISTS WorkoutTemplate;
```

```
CREATE TABLE IF NOT EXISTS WorkoutTemplate (
```

```
    TemplateID  INTEGER PRIMARY KEY AUTOINCREMENT
```

```
        UNIQUE
```

```
        NOT NULL,
```

```
    Name        TEXT    UNIQUE
```

```
        NOT NULL,
```

```
    LegExID     INTEGER REFERENCES ExerciseByBodypart (ExerciseID),
```

```
    BackExID    INTEGER REFERENCES ExerciseByBodypart (ExerciseID),
```

```
    ChestExID   INTEGER REFERENCES ExerciseByBodypart (ExerciseID),
```

```
    ShoulderExID INTEGER REFERENCES ExerciseByBodypart (ExerciseID),
```

```
    BiceptExID  INTEGER REFERENCES ExerciseByBodypart (ExerciseID),
```

```
    TriceptExID INTEGER REFERENCES ExerciseByBodypart (ExerciseID)
```

```
)
```

```
STRICT;
```

```
INSERT INTO WorkoutTemplate (TemplateID, Name, LegExID, BackExID, ChestExID, ShoulderExID, BiceptExID, TriceptExID) VALUES (1, 'Body Building', 1, 5, 9, 13, 17, 21);
```

```
INSERT INTO WorkoutTemplate (TemplateID, Name, LegExID, BackExID, ChestExID, ShoulderExID, BiceptExID, TriceptExID) VALUES (2, 'Power Lifting', 1, 7, 9, 13, 20, 22);
```

```
INSERT INTO WorkoutTemplate (TemplateID, Name, LegExID, BackExID, ChestExID, ShoulderExID, BiceptExID, TriceptExID) VALUES (3, 'body Weight', 3, 8, 12, 15, 19, 24);
```

```
INSERT INTO WorkoutTemplate (TemplateID, Name, LegExID, BackExID, ChestExID, ShoulderExID, BiceptExID, TriceptExID) VALUES (4, 'High Volume', 4, 6, 11, 14, 18, 23);
```

```
-- Table: WorkoutWeightSetReps
```

```
DROP TABLE IF EXISTS WorkoutWeightSetReps;
```

```
CREATE TABLE IF NOT EXISTS WorkoutWeightSetReps (
```

```
    WeightSetRepsID INTEGER NOT NULL
```

```
        PRIMARY KEY
```

```
        UNIQUE,
```

```
    LegWeight    INTEGER,
```

```
    BackWeight   INTEGER,
```

```
    ChestWeight  INTEGER,
```

```
    ShoulderWeight INTEGER,
```

```
    BicepWeight  INTEGER,
```

```
    TricepWeight INTEGER,
```

```
    Sets        INTEGER,
```

```
    Reps        INTEGER
```

```
)
```

```
STRICT;
```

```
INSERT INTO WorkoutWeightSetReps (WeightSetRepsID, LegWeight, BackWeight, ChestWeight, ShoulderWeight, BicepWeight, TricepWeight, Sets, Reps) VALUES (1, 190, 130, 195, 120, 75, 85, 5, 10);
```

```
INSERT INTO WorkoutWeightSetReps (WeightSetRepsID, LegWeight, BackWeight, ChestWeight,
ShoulderWeight, BicepWeight, TricepWeight, Sets, Reps) VALUES (2, 230, 160, 225, 140, 80, 90, 3,
4);
```

```
INSERT INTO WorkoutWeightSetReps (WeightSetRepsID, LegWeight, BackWeight, ChestWeight,
ShoulderWeight, BicepWeight, TricepWeight, Sets, Reps) VALUES (3, 150, 90, 55, 90, 50, 60, 8, 12);
```

```
INSERT INTO WorkoutWeightSetReps (WeightSetRepsID, LegWeight, BackWeight, ChestWeight,
ShoulderWeight, BicepWeight, TricepWeight, Sets, Reps) VALUES (4, 120, 160, 145, 85, 45, 50, 4,
10);
```

```
COMMIT TRANSACTION;
```

```
PRAGMA foreign_keys = on;
```