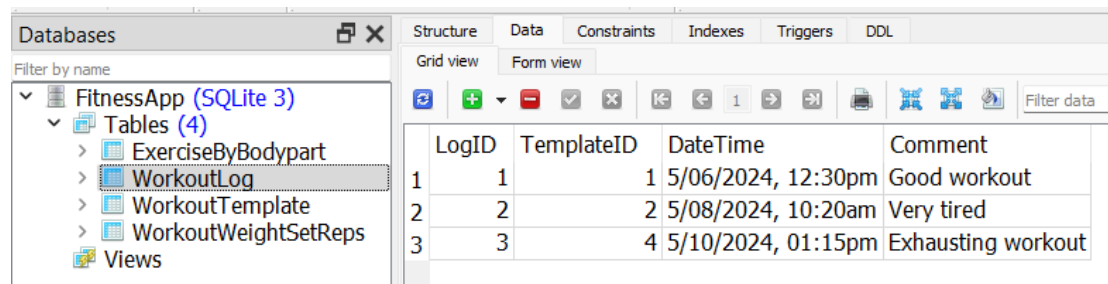


One SELECT statement that joins two tables and limits the result set using the WHERE clause.



The screenshot shows the SQLite Studio interface with the 'FitnessApp (SQLite 3)' database selected. The 'WorkoutLog' table is highlighted in the left pane. The main window displays the 'Data' tab with a grid view of the query results. The query is a JOIN between 'WorkoutLog' and 'WorkoutWeightSetReps' based on 'LogID'. The results show the first three rows of the joined data.

| LogID | TemplateID | DateTime | Comment |
|-------|------------|--------------------|--------------------|
| 1 | 1 | 5/06/2024, 12:30pm | Good workout |
| 2 | 2 | 5/08/2024, 10:20am | Very tired |
| 3 | 3 | 5/10/2024, 01:15pm | Exhausting workout |

Databases

Filter by name

FitnessApp (SQLite 3)

Tables (4)

ExerciseByBodypart

WorkoutLog

WorkoutTemplate

WorkoutWeightSetReps

Views

Structure

Data

Constraints

Indexes

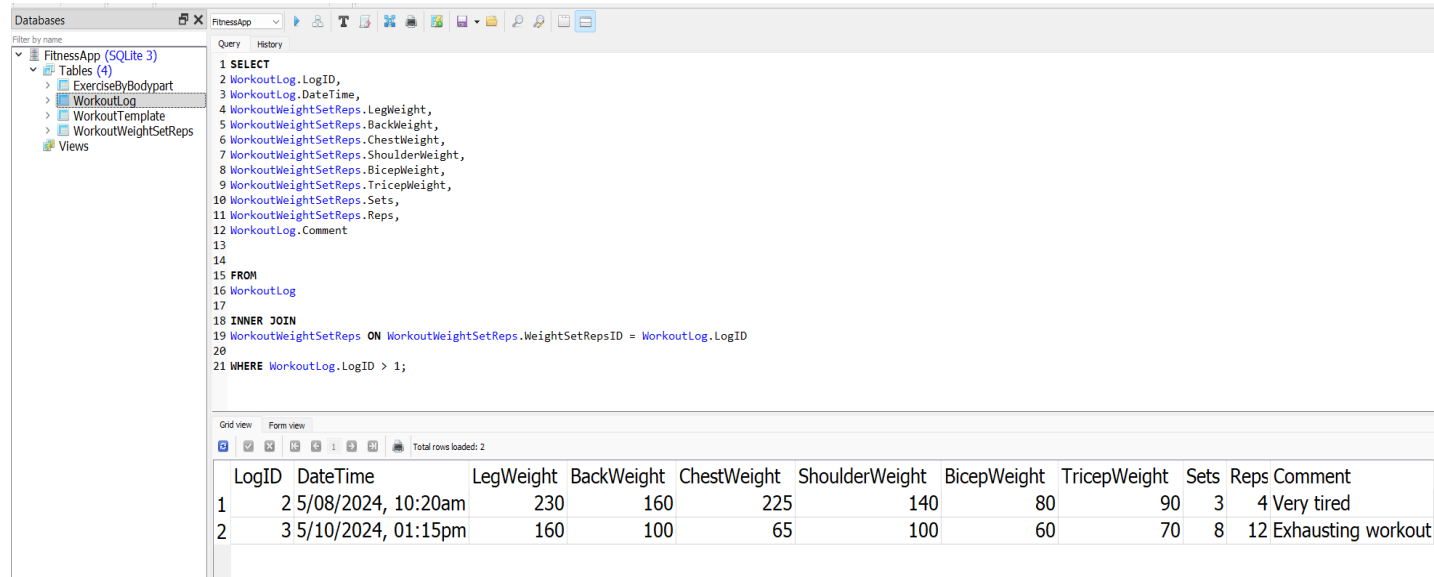
Triggers

DOL

Grid view

Form view

<



The screenshot shows the SQLite Studio interface with the 'FitnessApp (SQLite 3)' database selected. The 'WorkoutWeightSetReps' table is highlighted in the left pane. The main window displays the 'Query' tab with a SQL query that joins 'WorkoutLog' and 'WorkoutWeightSetReps' based on 'LogID' and filters the results to only those where 'LogID' is greater than 1. The results show the first two rows of the filtered data.

```
1 SELECT
2 WorkoutLog.LogID,
3 WorkoutLog.DateTime,
4 WorkoutWeightSetReps.LegWeight,
5 WorkoutWeightSetReps.BackWeight,
6 WorkoutWeightSetReps.ChestWeight,
7 WorkoutWeightSetReps.ShoulderWeight,
8 WorkoutWeightSetReps.BicepWeight,
9 WorkoutWeightSetReps.TricepWeight,
10 WorkoutWeightSetReps.Sets,
11 WorkoutWeightSetReps.Reps,
12 WorkoutLog.Comment
13
14
15 FROM
16 WorkoutLog
17
18 INNER JOIN
19 WorkoutWeightSetReps ON WorkoutWeightSetReps.WeightSetRepsID = WorkoutLog.LogID
20
21 WHERE WorkoutLog.LogID > 1;
```

| LogID | DateTime | LegWeight | BackWeight | ChestWeight | ShoulderWeight | BicepWeight | TricepWeight | Sets | Reps | Comment |
|-------|----------------------|-----------|------------|-------------|----------------|-------------|--------------|------|------|--------------------|
| 1 | 2 5/08/2024, 10:20am | 230 | 160 | 225 | 140 | 80 | 90 | 3 | 4 | Very tired |
| 2 | 3 5/10/2024, 01:15pm | 160 | 100 | 65 | 100 | 60 | 70 | 8 | 12 | Exhausting workout |

One transaction that updates at least two columns in at least two rows.

Databases

Filter by name

FitnessApp (SQLite 3)

Tables (4)

ExerciseByBodypart

WorkoutLog

WorkoutTemplate

WorkoutWeightSetReps

Views

Structure

Data

Constraints

Indexes

Triggers

DDL

Grid view

Form view

Databases FitnessApp

Filter by name

- ▼ FitnessApp (SQLite 3)
 - ▼ Tables (4)
 - > ExerciseByBodypart
 - > WorkoutLog
 - > WorkoutTemplate
 - > WorkoutWeightSetReps
 - Views

Query History

```
1 UPDATE
2 WorkoutWeightSetReps
3
4 SET
5 LegWeight = LegWeight + 10,
6 BackWeight = BackWeight + 10,
7 ChestWeight = ChestWeight + 10,
8 ShoulderWeight = ShoulderWeight + 10,
9 BicepWeight = BicepWeight + 10,
10 TricepWeight = TricepWeight + 10
11
12 WHERE WeightSetRepsID = 1 OR WeightSetRepsID = 3
```

Databases FitnessApp

Filter by name

- ▼ FitnessApp (SQLite 3)
 - ▼ Tables (4)
 - > ExerciseByBodypart
 - > WorkoutLog
 - > WorkoutTemplate
 - > WorkoutWeightSetReps
 - Views

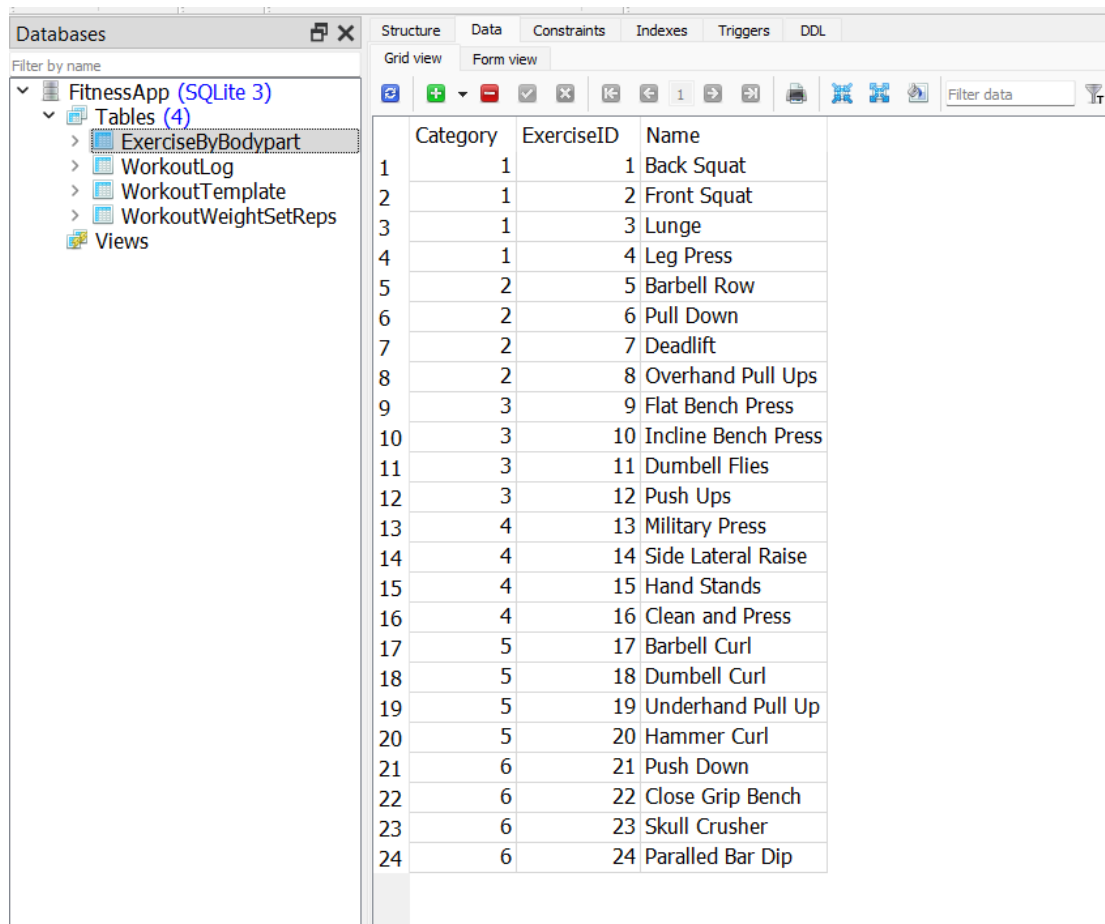
Structure Data Constraints Indexes Triggers DDL

Grid view Form view

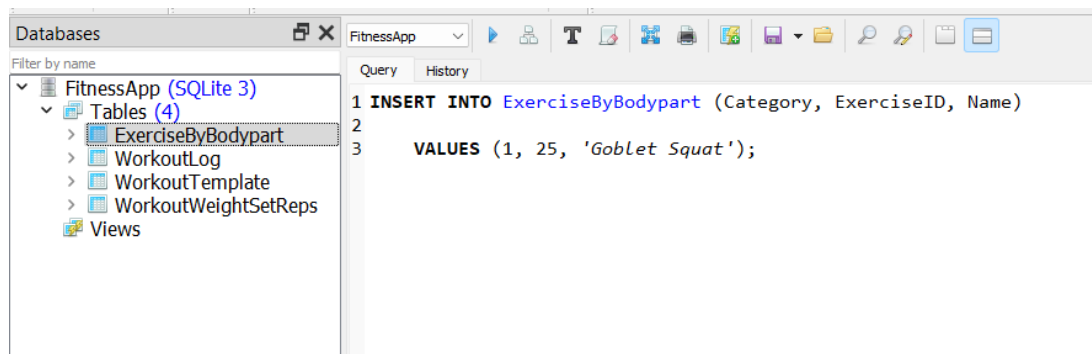
Filter data Total rows loaded: 3

| | WeightSetRepsID | LegWei | BackWe | ChestW | Should | BicepW | TricepV | Sets | Reps |
|---|-----------------|--------|--------|--------|--------|--------|---------|------|------|
| 1 | 1 | 200 | 140 | 205 | 130 | 85 | 95 | 5 | 10 |
| 2 | 2 | 230 | 160 | 225 | 140 | 80 | 90 | 3 | 4 |
| 3 | 3 | 160 | 100 | 65 | 100 | 60 | 70 | 8 | 12 |

One transaction that INSERTS a row into a table.



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



```
1 INSERT INTO ExerciseByBodypart (Category, ExerciseID, Name)
2
3 VALUES (1, 25, 'Goblet Squat');
```

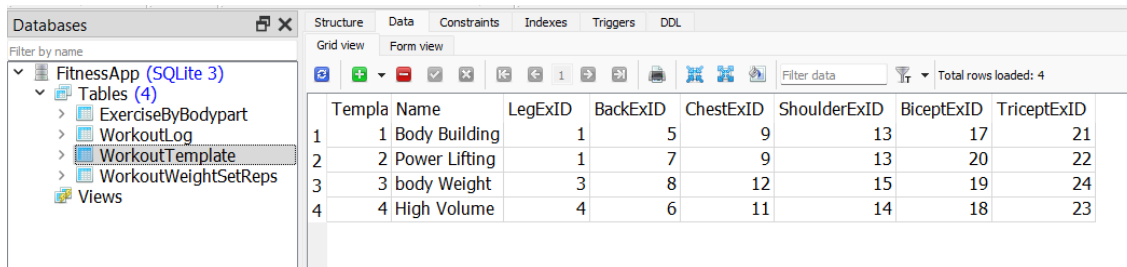
Databases

Filter by name

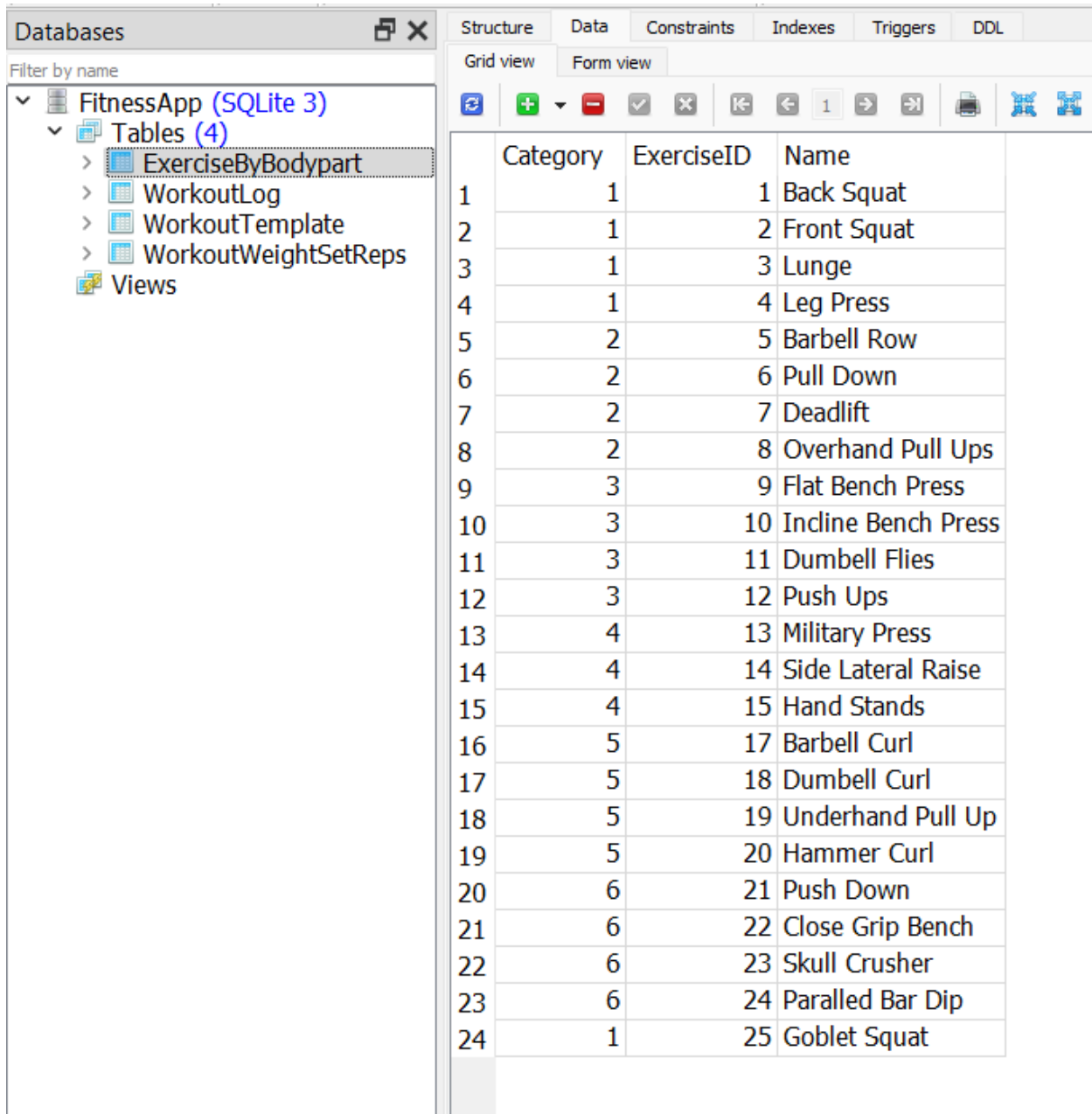
- FitnessApp (SQLite 3)
 - Tables (4)
 - ExerciseByBodypart
 - WorkoutLog
 - WorkoutTemplate
 - WorkoutWeightSetReps
 - Views

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

One transaction that DELETES a row from a table.



| | Templa | Name | LegExID | BackExID | ChestExID | ShoulderExID | BicepExID | TricepExID |
|---|--------|---------------|---------|----------|-----------|--------------|-----------|------------|
| 1 | 1 | Body Building | 1 | 5 | 9 | 13 | 17 | 21 |
| 2 | 2 | Power Lifting | 1 | 7 | 9 | 13 | 20 | 22 |
| 3 | 3 | body Weight | 3 | 8 | 12 | 15 | 19 | 24 |
| 4 | 4 | High Volume | 4 | 6 | 11 | 14 | 18 | 23 |



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

