

Role		
Int	rid	PK
String	name	
DateTime	createdAt	
DateTime	updatedAt	

role UserRoles

UserRoles	
DateTime	assignedAt

UserRoles user

User		
Int	id	PK
String	email	
String	name	nullable
String	password	
DateTime	createdAt	
DateTime	updatedAt	

User admin User student

Admin		
DateTime	createdAt	
DateTime	updatedAt	
Int	UserId	

Student		
DateTime	createdAt	
DateTime	updatedAt	
Int	UserId	

Students

Trainer

trainer

Trainer		
Int	id	PK
DateTime	createdAt	
DateTime	updatedAt	

Workouts

User WorkoutLog

Workout		
Int	id	PK
String	name	
DateTime	createdAt	
DateTime	updatedAt	

WorkoutLog

Workout

WorkoutLog		
Int	id	PK
DateTime	createdAt	
Int	volume	
DateTime	updatedAt	

ExerciseWorkout	
DateTime	assignedAt

workout

Exercises

Workouts

exercise

ExerciseWorkout

series

Exercise		
Int	id	PK
String	name	
String	description	nullable
DateTime	createdAt	
DateTime	updatedAt	

Series		
Int	id	PK
Int	reps	
Int	weight	