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1 users

Creation: Jan 29, 2026 at 01:39 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	int(11)		No		auto_increment			
name	varchar(255)		No					
email	varchar(255)		No					
created_at	datetime		No					

2 user_workouts

Creation: Jan 29, 2026 at 04:50 PM
Last update: Jan 30, 2026 at 03:04 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	int(11)		No		auto_increment			
user_id	int(11)		No			-> users.id ON UPDATE RESTRICT ON DELETE CASCADE		
workout_id	int(11)		No			-> workouts.id ON UPDATE RESTRICT ON DELETE CASCADE		
completed_at	datetime		No					

Jan 30, 2026 at 11:22 AM

3 workouts

Creation: Jan 29, 2026 at 01:39 PM
Last update: Jan 30, 2026 at 02:58 PM

Column	Type	Attributes	Null	Default	Extra	Links to	Comments	MIME
id	int(11)		No		auto_increment			
title	varchar(255)		No					
description	text		Yes	NULL				
duration_minutes	int(11)		No					
difficulty	enum('Beginner', 'Intermediate', 'Advanced')		No					
created_at	datetime		No					

user_workouts

id
user_id
workout_id
completed_at

users

id
name
email
created_at

workouts

id
title
description
duration_minutes
difficulty
created_at

Jan 30, 2026 at 11:22 AM