

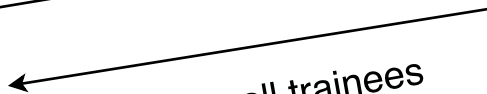
Trainer



1.get all trainees



4.show all trainees



SERVER

php
json

php
json

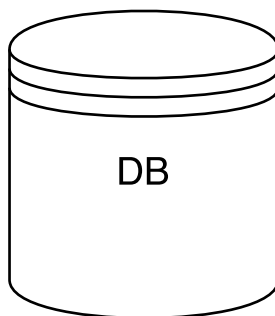
2.select trainees list



3.response
trainees list



DB



Trainees



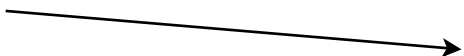
1.get all indices
(id = 123)



4.show
indices



5.Change
Workout



8.show costum
workout

SERVER

php
json

2.select indicse



3.responset
indices



6. select
* from
tbl_users_218_trainee
where id="123"

7. response workouts

DB

