exercises

exercise_id	int
name	varchar
description	text
duration	int
equipment_req	boolean
frequency	int
reps	int

exerciseinjury

exinj_id	int
injury_type_id	int
exercise_id	int

injurytypes

injury_type_id	int
name	varchar
part_of_body	varchar
description	text

exerciseroutine

exroutine_id	int
routine_id	int
exercise_id	int

routines

routine_id	int
date_created	datetime
user_id	int

user

user_id	int
user_email	varchar
user_password	varchar

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