TrainingPlan Id: int (key) Name: string Trainings: List<Training> UserId: int (foreign key) User: User 1:1 User Id: int (key) Name: string Surname: string Sex: bool Age:int Height: int Weight : double TargetWeight: double Tempo: double Password: string Mail: string TrainingPlanId: int (foreign key) TrainingPlan: TrainingPlan

Training Exercise Id: int (key) Id: int (key) n:m 1:n Name: string Name: string BurnedKcal: string Days: int Time: int List<TrainingExercise> TrainingExercises Type: TypeEnum ExerciseMuscle: List<ExerciseMuscle> TrainingExercise : List<TrainingExercise> MusclePart Id: int (key) Name: string ExerciseMuscle: List<ExerciseMuscle>

n:m