

User

<u>Email</u>	Password	Height	Weight	Profile Pic	Plan
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Plan

<u>ID</u>	Objective
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Training

<u>ID</u>	Name	Plan
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Exercise

<u>Name</u>	Type	Description	Image
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Traning Exercises

<u>Training ID</u>	<u>Exercise Name</u>	Sets	Repetitions	Weight	Resting Time
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Muscle Groups

<u>Name</u>	Image
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Muscles worked

<u>Muscle Name</u>	<u>Exercise Name</u>
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Exercise History

<u>ID</u>	Date/Time	User	Exercise Name	Set Amount	Average Intensity
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Plan History

<u>ID</u>	Start Date	End Date	Met Objective	Plan	User
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Sets

<u>Exercise History ID</u>	<u>Set Number</u>	Repetitions	Intensity	Weight	Resting Time	Average_rep_time	Rep_time_deviation
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