

exercise

<u>id</u>	name	description	image_path
-----------	------	-------------	------------

exercise_history

<u>id</u>	plan_id	exercise_id	weight	number_of_repetitions	average_intensity	average_rep_time
-----------	---------	-------------	--------	-----------------------	-------------------	------------------

exercise_muscle_group

<u>id</u>	exercise_id	muscle_group_id	primary_muscle
-----------	-------------	-----------------	----------------

exercise_muscle_type

<u>id</u>	exercise_id	muscle_type_id
-----------	-------------	----------------

exercises_in_plan

<u>id</u>	plan_id	exercise_id	number_of_sets	number_of_reps	weight	subplan_number
-----------	---------	-------------	----------------	----------------	--------	----------------

muscle_group

<u>id</u>	name
-----------	------

muscle_type

<u>id</u>	name
-----------	------

plan

<u>id</u>	user_id	plan_name	start_date	end_date	plan_type_id	status
-----------	---------	-----------	------------	----------	--------------	--------

plan_type

<u>id</u>	plan_type
-----------	-----------

user

<u>id</u>	Email	Name	Password	Date_of_birth	Gender	Height	Weight	Profile_image	status
-----------	-------	------	----------	---------------	--------	--------	--------	---------------	--------

user_weight_history

<u>id</u>	user_id	weight	date
-----------	---------	--------	------

