|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Users** | | | | | | |
| id | user\_name | | age | weight | height | bmi |
| .  .  . | first | last |  |  |  | |
| .  .  . | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Feats** | | | | |
| personal\_record\_index | records | | | num\_workouts |
| .  .  . | exercise\_index | max\_weight | max\_reps | .  .  . |
| .  .  . | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Workouts** | | | | | | |
| date | | | sets | reps | weight | *exercise\_name* |
| day | Month | year | .  .  . | .  .  . | .  .  . | .  .  . |
| .  .  . | .  .  . | .  .  . |

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercises** | | | |
| exercise\_name | category | instructions | image |
| .  .  . | .  .  . | .  .  . | .  .  . |

|  |  |  |
| --- | --- | --- |
| **Muscles** | | |
| muscle\_name | group | image |
| .  .  . | .  .  . | .  .  . |

|  |  |  |
| --- | --- | --- |
| **Equipment** | | |
| equipment\_name | type | image |
| .  .  . | .  .  . | .  .  . |