

	excercise	
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	Plan	
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Excercise
+ id: type
+name: type
+ Desc: type
...

Excercise_Plan_map
+ id: type
+ eid: type
+ pid: type
...

Plan
+ id: int
+name: string
+ field: type
...

User
+ id: type
+ uname: type
+ password: type

user_plans
+ id: type
+ uid: type
+ pid: type

