Exercises

Exercise Name
Muscle Group
Equipment
Instructions/Guidence

includesMuscle()

Workout

(Exercise, reps, sets)[]

from(exercise, ...)
save()

Account Data

Name
Email
Password

updateField()

Prior Workout

(Exercise, completedReps,
completedSets)[]

forget()

Exercises

0*

generated from

1..12

Workout

stored

0..*

request

1

| Previous Workouts | 0..* | views | 1 | User | 1 | edits | 1 | Account data |