A screenshot of a computer program

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Description automatically generatedIn our project, the Singleton design pattern is implemented in the UserDatabase and WorkoutDatabase classes to ensure that only one instance of each database exists throughout the application. This design pattern ensures that only one instance of these database classes is created throughout the application's lifecycle. By doing so, it prevents the issues that could arise from having multiple instances, such as data inconsistency, race conditions, and unnecessary memory usage. The getInstance() method in both classes is responsible for checking if the instance is null, and if so, it initializes the instance while synchronizing on the respective class to ensure thread safety. This approach guarantees that only one instance of the UserDatabase and WorkoutDatabase is created, thus maintaining data integrity and improving the efficiency of database operations across the application.