

Workout									
Name		Type	Default Value						
									+
🔑	Workout ID	int	▼	Auto-increment	PK	_	_	_	^ v -
	Title	varchar	▼	...		_	_	_	^ v -
	Description	Text	▼	...		_	_	_	^ v -
	Duration	time	▼	...		_	_	_	^ v -
	Difficulty	int	▼	...		_	_	_	^ v -
	Type	ENUM	▼	Cardio		_	_	_	^ v -
	Equipment	array	▼	...		_	_	_	^ v -
🔗	Trainer ID	int	▼	...	_	FK	_	_	^ v -

User Workout									
Name		Type	Default Value						
									+
🔑	UserWorkout ID	int	▼	Auto-increment	PK	_	_	_	^ v -
	Started At	datetime	▼	...		_	_	_	^ v -
	Completed At	datetime	▼	...		_	_	_	^ v -
	Favourite	bool	▼	False		_	_	_	^ v -
🔗	User ID	...	▼	...	_	FK	_	_	^ v -
🔗	Workout ID	...	▼	...	_	FK	_	_	^ v -

Blog Post									
Name		Type	Default Value						
									+
🔑	Post ID	int	▼	Auto-increment	PK	_	_	_	^ v -
	Title	varchar	▼	...		_	_	_	^ v -
	Content	Text	▼	...		_	_	_	^ v -
	ImageUrl	varchar	▼	...		_	_	_	^ v -
	Category	varchar	▼	...		_	_	_	^ v -
	Created At	datetime	▼	...		_	_	_	^ v -
🔗	User ID	...	▼	...	_	FK	_	_	^ v -

Workout Details									
Name		Type	Default Value						
									+
🔑	Detail ID	int	▼	Auto-increment	PK	_	_	_	^ v -
🔗	Workout ID	int	▼	...	_	FK	_	_	^ v -
	Title	varchar	▼	...		_	_	_	^ v -
	Duration	int	▼	...		_	_	_	^ v -
	Steps	array	▼	...		_	_	_	^ v -

Trainer									
Name		Type	Default Value						
									+
🔑	Trainer ID	int	▼	Auto-increment	PK	_	_	_	^ v -
	Name	varchar	▼	...		_	_	_	^ v -
	Title	Text	▼	...		_	_	_	^ v -
	ImageUrl	varchar	▼	...		_	_	_	^ v -

User									
Name		Type	Default Value						
									+
🔑	User ID	int	▼	Auto-increment	PK	_	_	_	^ v -
	Name	varchar	▼	...		_	_	_	^ v -
	ImageUrl	varchar	▼	...		_	_	_	^ v -
	Email	varchar	▼	...		_	_	_	UNIQ ^ v -
	Password	varchar	▼	...		_	_	_	UNIQ ^ v -
	Level	int	▼	0		_	_	_	^ v -