insert into role values (1,"Admin");

insert into role (role\_title) values ("Trainer");

insert into role (role\_title) values ("Member");

insert into users ( user\_id,firstname,lastname,mobile,email,password,age,gender,status,role\_id,trainer\_id) values (100,"Admin","Admin",565474 ,"admin@gmail.com","cc03e747a6afbbcbf8be7668acfebee5",24,"M",0,1,null);

insert into users ( firstname,lastname,mobile,email,password,age,gender,status,role\_id,trainer\_id) values ("Vinit","Mehta",57544 ,"vinit@gmail.com","cc03e747a6afbbcbf8be7668acfebee5",24,"M",0,3,null);

insert into users ( firstname,lastname,mobile,email,password,age,gender,status,role\_id,trainer\_id) values ("Raunak","Desai",566474 ,"raunak@gmail.com","cc03e747a6afbbcbf8be7668acfebee5",24,"M",0,2,null);

insert into trainer\_salary values(102, 5000);

insert into users ( firstname,lastname,mobile,email,password,age,gender,status,role\_id,trainer\_id) values ("Rubi","Sedani",565874 ,"rubi@gmail.com","cc03e747a6afbbcbf8be7668acfebee5",24,"F",0,3,null);

insert into users ( firstname,lastname,mobile,email,password,age,gender,status,role\_id,trainer\_id) values ("Satish","Yadav",565487 ,"satish@gmail.com","cc03e747a6afbbcbf8be7668acfebee5",24,"M",0,2,null);

insert into trainer\_salary values(104, 5000);

insert into package values(1,"Personal Training",10000, 6);

insert into package( package\_name, package\_amount, duration) values("Zumba",5000, 6);

insert into package(package\_name, package\_amount, duration) values("Group Training",4000, 6);

insert into package(package\_name, package\_amount, duration) values("Yoga",3000, 6);

insert into shifts values (1,"5am-7am", 30);

insert into shifts (time\_slot, vacancy) values ("7am-9am", 30);

insert into shifts (time\_slot, vacancy) values ("9am-11am", 30);

insert into shifts (time\_slot, vacancy) values ("4pm-6pm", 30);

insert into shifts (time\_slot, vacancy) values ("6pm-8pm", 30);

insert into shifts (time\_slot, vacancy) values ("8pm-10pm", 30);

insert into workouttype values(1,"Lat Pull Down");

insert into workouttype (type) values("Curl Dumbells");

insert into workouttype (type) values("Deadlift");

insert into workouttype (type) values("Shoulder Up Rise");

insert into workouttype (type) values("Pull Ups");

insert into workouttype (type) values("Farmer Walk");

insert into workouttype (type) values("Barbell Curl");

insert into workouttype (type) values("Dips");

insert into diet\_item values(1, "Egg");

insert into diet\_item (item\_name) values("Almond");

insert into diet\_item (item\_name) values("Banana");

insert into diet\_item (item\_name) values("Sprouts");

insert into diet\_item (item\_name) values("Peanut");

insert into diet\_item (item\_name) values("Butter");

insert into diet\_item (item\_name) values("Paneer");

insert into diet\_item (item\_name) values("Boiled Chicken");

insert into equipments (equipment\_id, equipment\_name, count) values( 1, 'Treadmill', 5);

insert into equipments (equipment\_name, count ) values( 'Leg Press', 2);

insert into equipments (equipment\_name, count ) values( 'Exercise Bikes', 3);

insert into equipments (equipment\_name, count ) values( 'Smith Machine', 2);

insert into equipments (equipment\_name, count ) values( 'Barbell stand', 3);

insert into equipments (equipment\_name, count ) values( 'Bench Press', 3);

insert into equipments (equipment\_name, count ) values( 'Dumbells', 30);