**Gym App API Endpoints Documentation**

1. **AuthController (/api/auth)**

Handles **user authentication** (login and registration).

* **POST** /api/auth/login
  + Authenticates a user with **email and password**.
  + Returns a JWT token + user details (id, name, email).
* **POST** /api/auth/register
  + Registers a new user with **name, email, and password**.
  + Returns a JWT token + user details (id, name, email).

1. **ExerciseController (/api/exercises)**

Handles **exercises** within workouts.

* **GET** /api/exercises/workout/{workoutId}
  + Returns **all exercises** in a given workout.
* **GET** /api/exercises/recent/{userId}
  + Returns **recent exercises** performed by a user.
* **GET** /api/exercises/workout/{workoutId}/summary
  + Returns **summary** of a workout (total sets, reps, weight lifted).
* **POST** /api/exercises
  + Creates a **new exercise**.
  + Updates **progress analytics** & **personal record** if applicable.
* **DELETE** /api/exercises/{exerciseId}
  + Deletes an **exercise** and its associated **progress analytics** and **personal record**.
* **GET** /api/exercises/progress/{userId}/{exerciseName}
  + Returns **progress analytics** for a specific exercise by a user.

1. **ProgressAnalyticsController (/api/progress-analytics)**

Handles **progress tracking** for users.

* **GET** /api/progress-analytics/user/{userId}
  + Returns **all progress analytics** for a specific user.
* **GET** /api/progress-analytics/user/{userId}/exercise/{exerciseName}
  + Returns **progress analytics** for a specific **exercise** for a user.

1. **PersonalRecordController (/api/personal-records)**

Handles **personal records** (PRs) for exercises.

* **GET** /api/personal-records/user/{userId}
  + Returns the **best personal records** per exercise for a user.

1. **UserController (/api/users)**

Handles **user management**.

* **GET** /api/users
  + Returns **all users**.
* **GET** /api/users/{id}
  + Returns a **specific user** by their ID.
* **POST** /api/users
  + Creates a **new user**.

1. **WorkoutController (/api/workouts)**

Handles **workouts** for users.

* **GET** /api/workouts/user/{userId}
  + Returns **all workouts** for a user with **id, notes, and createdAt**.
* **POST** /api/workouts
  + Creates a **new workout** for a user (with notes and timestamp).

**Summary**

* **Authentication** (/api/auth) → **Login/Register**
* **Exercises** (/api/exercises) → **Create/Delete/Fetch Progress**
* **Progress Analytics** (/api/progress-analytics) → **Track Workout Performance**
* **Personal Records** (/api/personal-records) → **Best PRs per exercise**
* **Users** (/api/users) → **User Management**
* **Workouts** (/api/workouts) → **Manage workouts**