MuscleMap

API Reference

Auto-generated

2026-01-06

Contents

1 Overview

1.1 Base URLs

- **Production**: `https://musclemap.me/api`

- **Development**: `http://localhost:3001`

1.2 Authentication

Most endpoints require authentication via JWT token:

```
Authorization: Bearer <token>
```

1.3 Response Format

1.3.1 Success Response

```
{
  "success": true,
  "data": { ... }
}
```

1.3.2 Error Response

```
{
  "success": false,
  "error": {
    "code": "ERROR_CODE",
    "message": "Human-readable message"
  }
}
```

2 Endpoints

2.1 Misc

2.2 Issues

2.3 Journey

2.4 Auth

2.5 Community

2.6 Economy

2.7 Hangouts

2.8 Messaging

2.9 Tips

2.10 Prescription

2.11 Stats

2.12 Workouts

Method	Endpoint
GET	/__routes
GET	/alternatives/low-impact
GET	/alternatives/seated
GET	/competitions
GET	/competitions/:id
GET	/entitlements
GET	/exercises
GET	/exercises/:id/activations
POST	/highfives/send
GET	/highfives/stats
GET	/highfives/users
GET	/i18n/languages
GET	/locations/nearby
GET	/me/entitlements
GET	/muscles
GET	/progress/stats
GET	/progression/achievements
GET	/progression/leaderboard
GET	/progression/mastery-levels
GET	/settings
PATCH	/settings
GET	/settings/themes
POST	/trace/frontend-log

3   Rate Limiting

- **Authenticated**: 100 requests/minute

- **Unauthenticated**: 20 requests/minute

4   Health Check

```
curl https://musclemap.me/health
```

Method	Endpoint
GET	/admin/issues
POST	/admin/issues/bulk
GET	/issues
POST	/issues
GET	/issues/:id
PATCH	/issues/:id
GET	/issues/:id/comments
POST	/issues/:id/comments
POST	/issues/:id/subscribe
POST	/issues/:id/vote
POST	/issues/:issueId/comments/:commentId/solution
GET	/issues/labels
GET	/issues/stats
GET	/me/issues
GET	/roadmap
POST	/roadmap
POST	/roadmap/:id/vote
GET	/updates
POST	/updates

Method	Endpoint
GET	/archetypes
GET	/archetypes/:id/levels
POST	/archetypes/select
GET	/journey
GET	/journey/progress

Method	Endpoint
POST	/auth/login
GET	/auth/me
GET	/auth/me/capabilities
POST	/auth/register
GET	/profile
PUT	/profile

Method	Endpoint
GET	/community/feed
GET	/community/monitor
GET	/community/percentile
GET	/community/presence
POST	/community/presence
GET	/community/stats
GET	/community/ws

Method	Endpoint
GET	/credits/balance
GET	/economy/actions
GET	/economy/balance
POST	/economy/charge
GET	/economy/history
GET	/economy/pricing
GET	/economy/transactions
GET	/economy/wallet

Method	Endpoint
POST	/hangouts
GET	/hangouts/:id
POST	/hangouts/:id/join
POST	/hangouts/:id/leave
GET	/hangouts/:id/members
POST	/hangouts/:id/posts
GET	/hangouts/:id/posts
GET	/hangouts/nearby
GET	/hangouts/stats
GET	/hangouts/types
GET	/me/hangouts

Method	Endpoint
POST	/messaging/block/:userId
DELETE	/messaging/block/:userId
GET	/messaging/conversations
POST	/messaging/conversations
GET	/messaging/conversations/:id/messages
POST	/messaging/conversations/:id/messages
POST	/messaging/conversations/:id/read
DELETE	/messaging/messages/:id
GET	/messaging/ws

Method	Endpoint
GET	/milestones
POST	/milestones/:id/claim
POST	/milestones/:id/progress
GET	/tips
POST	/tips/:id/seen

Method	Endpoint
GET	/prescription/:id
POST	/prescription/generate
POST	/v1/prescription/generate

Method	Endpoint
GET	/stats/history
GET	/stats/info
GET	/stats/leaderboards
GET	/stats/leaderboards/me
GET	/stats/me
GET	/stats/profile/extended
PUT	/stats/profile/extended
POST	/stats/recalculate
GET	/stats/user/:userId

Method	Endpoint
POST	/workout/complete
POST	/workouts
GET	/workouts/:id
GET	/workouts/me
GET	/workouts/me/muscles
GET	/workouts/me/stats
POST	/workouts/preview