📘 MuscleMap API Quick Reference

Base URL: `https://musclemap.me/api`   v2.0

🔒 Authentication

Register

`POST` `/auth/register`

```
{
  "email": "user@example.com",
  "password": "password123",
  "displayName": "Athlete"
}
```

Login

`POST` `/auth/login`

```
{
  "email": "user@example.com",
  "password": "password123"
}
```

Returns: {token, user}

Refresh Token

`POST` `/auth/refresh`

Logout

`POST` `/auth/logout`

ℹ️ Include JWT in header:

`Authorization: Bearer <token>`

🔥 Workouts

List User Workouts

`GET` `/workouts`

Query: ?limit=20&offset=0

Log New Workout

`POST` `/workouts`

```
{
  "exercises": [{
    "exerciseId": "uuid",
    "sets": 3,
    "reps": 10,
    "weight": 135
  }],
  "duration": 3600,
  "notes": "Great session"
}
```

Get Workout Details

`GET` `/workouts/:id`

Delete Workout

`DELETE` `/workouts/:id`

📈 Character Stats

Get My Stats

`GET` `/stats/me`

Returns RPG-style attributes

Get Leaderboards

`GET` `/stats/leaderboards`

Query: ?scope=global&stat=strength

Stats Response:

```
{
  "level": 15,
  "xp": 2450,
  "strength": 85,
  "endurance": 72,
  "agility": 68,
  "flexibility": 45,
  "balance": 58,
  "mentalFocus": 92
}
```

👥 Social

Send High Five

`POST` `/highfives`

```
{
  "recipientId": "user-uuid",
  "message": "Great workout!"
}
```

Get High Five Feed

`GET` `/highfives/feed`

Get Rivals

`GET` `/rivals`

Challenge Rival

`POST` `/rivals/challenge`

🏋️ Exercises

List All Exercises

`GET` `/exercises`

Query: ?muscle=chest&equipment=barbell

Get Exercise Details

`GET` `/exercises/:id`

Search Exercises

`GET` `/exercises/search`

Query: ?q=bench&limit=10

Response includes:

`name, muscles[], equipment, difficulty`

🤖 AI Workouts

Generate Workout

`POST` `/prescription/generate`

```
{
  "archetype": "bodybuilder",
  "targetMuscles": ["chest", "triceps"],
  "equipment": ["barbell", "dumbbell"],
  "duration": 60
}
```

Get Recommendations

`GET` `/prescription/recommend`

Uses 1 credit per generation

🧭 Journey

Get Journey Data

`GET` `/journey`

Get Progress Stats

`GET` `/journey/stats`

Query: ?period=30d

Get Archetype Progress

`GET` `/archetypes/progress`

Available Archetypes

`GET` `/archetypes`

👥 Crews

Get My Crew
`GET` `/crews/mine`

Create Crew
`POST` `/crews`

```
{
  "name": "Iron Warriors",
  "description": "Train hard"
}
```

Join Crew
`POST` `/crews/:id/join`

Crew Leaderboard
`GET` `/crews/leaderboard`

Leave Crew
`POST` `/crews/:id/leave`

🕐 Wearables

List Connections
`GET` `/wearables`

Connect Device
`POST` `/wearables/connect`

```
{
  "provider": "apple_health",
  "authToken": "oauth-token"
}
```

Sync Health Data
`POST` `/wearables/sync`

Providers:

apple_health, google_fit, fitbit, oura

💳 Billing

Get Subscription
`GET` `/billing/subscription`

Create Checkout
`POST` `/billing/checkout`

Get Credit Balance
`GET` `/credits/balance`

Purchase Credits
`POST` `/credits/purchase`

👤 Profile

Get Profile
`GET` `/profile`

Update Profile
`PUT` `/profile`

```
{
  "displayName": "New Name",
  "archetype": "powerlifter",
  "bio": "Lifting heavy"
}
```

Get Settings
`GET` `/settings`

Update Settings
`PUT` `/settings`

🗄 System

Health Check
`GET` `/health`
Returns: DB & Redis status

Contextual Tips
`GET` `/tips/contextual`
Smart training tips

⚠ Error Codes

400	Bad Request
401	Unauthorized
403	Forbidden
404	Not Found
422	Validation Error
429	Rate Limited
500	Server Error

Error Response:

```
{
  "error": "VALIDATION_ERROR",
  "message": "Invalid email",
  "statusCode": 422
}
```

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