Collected Knowledge & Wisdom on

wger Workout Manager

Provides:

This API provides exercises, workouts and nutrition. It allows you to create routines and a schedule, manage goals, create a diet plan, and keep track of everything.

Key Provisioning: **Pain factor** (*0=ezpz...5=nightmare*): `_0_`

- https://wger.de/en/user/login?next=/en/user/api-key
- Really quick sign up, email is optional
- Exercise and ingredient / nutrition endpoints don't require an API key

Quotas:

- No mention of a call limit, truly glorious

The Good:

- Easy to get to exercises and machines, ingredients and nutrition info, etc.
- Has a JSON for all endpoints, both public and private
- Lots of stuff that doesn't need an API key
- Data documentation is super easy to understand, includes component maps
  - Exercises
  - Nutrition
  - Workout
- Seems really easy to use so far, but we'll see.

The Bad:

- You need an API key for private endpoints e.g. workout log, schedule, nutrition plan, etc. but the sign up for it is really easy

The Ugly:

- Nothing yet

Location: `https://wger.de/en/software/api`
`https://wger.de/api/v2/` (JSON of all endpoints)
`https://github.com/wger-project/wger`

Accurate as of `2019-01-07`

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