

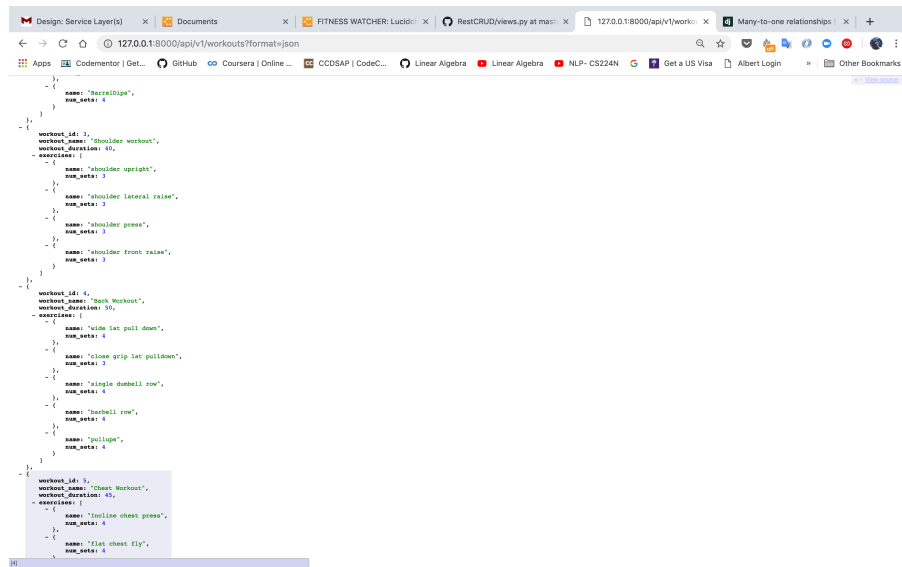
Design: Service Layer(s)

Service end points:

- api/v1/blogs:** Gets the list of all blogs maintained in the fitness watcher application. The blogs will be maintained by the admin suing Django admin, hence REST API only supports the get http method.
- api/v1/workouts:** Get the list of all workouts in the JSON format. These workouts and corresponding mappings to the exercises are maintained by the Django admin.

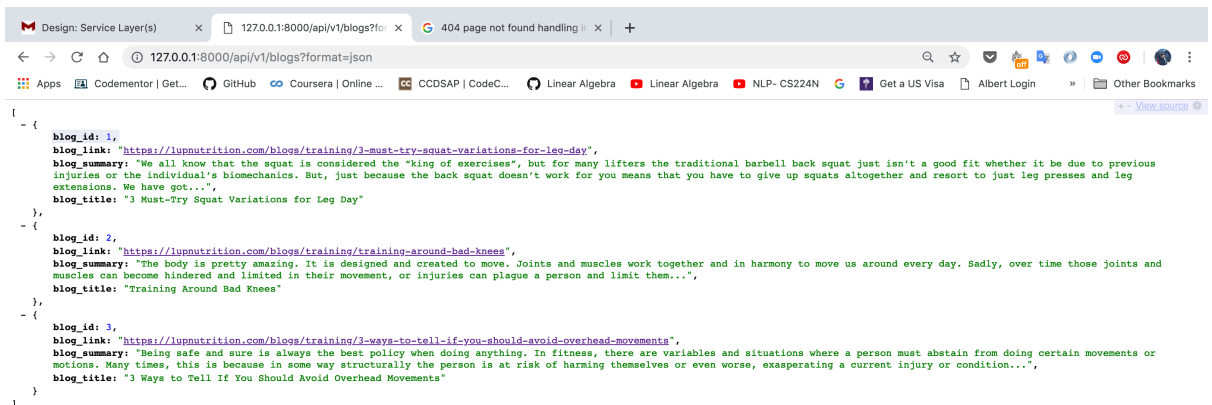
Requests and Responses:

- Request - <http://127.0.0.1:8000/api/v1/workouts?format=json>**



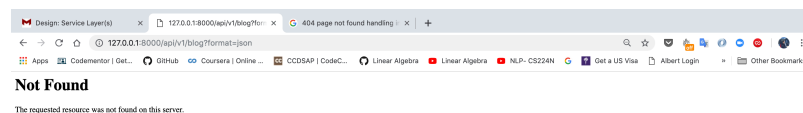
```
{
  "workouts": [
    {
      "workout_id": 1,
      "workout_name": "Bicep Curls",
      "workout_duration": 10,
      "exercises": [
        {
          "name": "Bicep curls",
          "rep_sets": 4
        }
      ]
    },
    {
      "workout_id": 2,
      "workout_name": "Shoulder workout",
      "workout_duration": 40,
      "exercises": [
        {
          "name": "Shoulder upright",
          "rep_sets": 3
        },
        {
          "name": "Shoulder lateral raise",
          "rep_sets": 3
        },
        {
          "name": "Shoulder press",
          "rep_sets": 3
        },
        {
          "name": "Shoulder front raise",
          "rep_sets": 3
        }
      ]
    },
    {
      "workout_id": 3,
      "workout_name": "Back Workout",
      "workout_duration": 30,
      "exercises": [
        {
          "name": "Wide lat pull down",
          "rep_sets": 4
        },
        {
          "name": "Narrow grip lat pulldown",
          "rep_sets": 3
        },
        {
          "name": "Single dumbbell row",
          "rep_sets": 4
        },
        {
          "name": "Barbell row",
          "rep_sets": 4
        },
        {
          "name": "Pullups",
          "rep_sets": 4
        }
      ]
    },
    {
      "workout_id": 4,
      "workout_name": "Chest Workout",
      "workout_duration": 30,
      "exercises": [
        {
          "name": "Incline chest press",
          "rep_sets": 4
        },
        {
          "name": "Flat chest fly",
          "rep_sets": 4
        }
      ]
    },
    {
      "workout_id": 5,
      "workout_name": "Leg Workout",
      "workout_duration": 30,
      "exercises": [
        {
          "name": "Squat",
          "rep_sets": 4
        },
        {
          "name": "Leg press",
          "rep_sets": 4
        },
        {
          "name": "Leg curl",
          "rep_sets": 4
        },
        {
          "name": "Calf raise",
          "rep_sets": 4
        }
      ]
    }
  ]
}
```

- Request - <http://127.0.0.1:8000/api/v1/blogs?format=json>**



```
{
  "blogs": [
    {
      "blog_id": 1,
      "blog_link": "https://upnutrition.com/blogs/training/3-must-try-squat-variations-for-leg-day",
      "blog_summary": "We all know that the squat is considered the \"king of exercises\", but for many lifters the traditional barbell back squat just isn't a good fit whether it be due to previous injuries or the individual's biomechanics. But, just because the back squat doesn't work for you means that you have to give up squats altogether and resort to just leg presses and leg extensions. We have got...",
      "blog_title": "3 Must-Try Squat Variations for Leg Day"
    },
    {
      "blog_id": 2,
      "blog_link": "https://upnutrition.com/blogs/training/training-around-bad-knees",
      "blog_summary": "The body is pretty amazing. It is designed and created to move. Joints and muscles work together and in harmony to move us around every day. Sadly, over time those joints and muscles can become hindered and limited in their movement, or injuries can plague a person and limit them...",
      "blog_title": "Training Around Bad Knees"
    },
    {
      "blog_id": 3,
      "blog_link": "https://upnutrition.com/blogs/training/3-ways-to-tell-if-you-should-avoid-overhead-movements",
      "blog_summary": "Being safe and sure is always the best policy when doing anything. In fitness, there are variables and situations where a person must abstain from doing certain movements or motions. Many times, this is because in some way structurally the person is at risk of harming themselves or even worse, exacerbating a current injury or condition...",
      "blog_title": "3 Ways to Tell If You Should Avoid Overhead Movements"
    }
  ]
}
```

Error Response: Http 404



```
404 page not found handling ...
The requested resource was not found on this server.
```

Communication with the Application:

Communication between the users, admin, MySQL database, REST API, and rest of web backend application is as follows.

