

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

5x5 Program Generator MCP.

Automate your strength progression and weight calculations.

5x5 Program Generator is a specialized tool for anyone following linear progression strength training. It handles the math behind your lifts, calculates safe starting weights, manages your weekly exercise rotation, and tells you exactly when to deload if you hit a plateau. You can plug this directly into your AI client to turn a simple chat into a dedicated strength coach.

A+ Quality Score 100/100

strength

training

fitness

workout

5x5



SCAN TO VIEW

The connectivity layer between AI and the world's software.



Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

5x5 Program Generator MCP

4 tools available

Cloud-hosted on Vinkius

Stop guessing your training numbers. This MCP uses the 5x5 linear progression methodology to build structured, math-based strength programs. Instead of manually tracking every weight increase, you let your AI client handle the heavy lifting. It calculates your initial working weights based on your current maxes and manages the progression logic as you get stronger. If you hit a wall and fail your reps, the MCP evaluates your performance to decide if a deload is necessary to keep you moving forward. It also organizes your weekly training split by managing exercise rotations based on how often you can get to the gym. It's a precise way to run a strength program without the mental overhead of constant recalculation.

Core Capabilities

01 — Weight Calculation

Your agent uses this to set safe starting points for new lifters.

02 — Deload Management

Your agent triggers this when you fail to hit your target reps.

03 — Program Construction

Your agent builds multi-week training schedules from scratch.

04 — Split Organization

Your agent determines the sequence of exercises for your training sessions.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/5x5-program-generator — connect your AI agent in three steps.

- 01 Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.
- 02 Provide your current lift numbers to your AI client.
- 03 The MCP calculates your starting weights and builds your program.
- 04 Use the tool to check for deloads or new exercise rotations as you train.

Connect the MCP to your client and start chatting about your lifts.

Built For

This is for people who want the structure of a 5x5 program without the manual math. It works best for those following linear progression.

Strength Athletes

They hand off weight calculations and deload decisions to the AI.

Fitness Enthusiasts

They use it to generate structured weekly workout splits.

Data-Driven Lifters

They rely on the MCP to manage their progression logic and exercise rotation.

What Changes When You Connect

- 01 Removes the guesswork from calculating starting weights.
- 02 Automates the decision to deload when progress stalls.
- 03 Handles the math for multi-week training plans.
- 04 Organizes exercise sequences based on your availability.

Real-World Applications

Starting a New Program

Input your current maxes to get a complete multi-week 5x5 plan.

Weekly Planning

Get a specific exercise rotation based on how many days you can train.

Managing Plateaus

Ask the AI if you should deload after failing a set of reps.

Weight Adjustments

Calculate exactly what your next working weight should be as you progress.

4 Tools Available

#	TOOL	DESCRIPTION
01	calculate_starting_weights	This tool finds your initial working weight for your first session. It uses your current lift data to set a safe baseline.
02	evaluate_progression_failure	This tool checks if you should start a deload protocol. It looks at your failed reps to determine if you need to pull back.
03	generate_training_program	This tool builds a full, multi-week strength plan. It handles the entire 5×5 structure for you.
04	get_exercise_rotation	This tool organizes your weekly training split. It tells you which exercises to perform in what order.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U Generate a 5×5 program for a beginner who can train 3 days a week. My current lifts are Squat: 100kg, Bench: 60kg, Deadlift: 120kg.



Your 5×5 Beginner Program is ready. You will train 3 days per week with a focus on Squat, Bench Press, and Deadlift. Your starting weights are Squat: 80kg, Bench: 48kg, and Deadlift: 96kg.

U I've failed my Squat reps twice in a row. Should I deload?



Yes, based on your recent performance, you should initiate a deload. We recommend reducing your weight by 10% for the next session to allow for recovery.

U What are my starting weights for an intermediate lifter with a 100kg Squat and 70kg Bench?



For an intermediate level, your calculated starting weights are Squat: 90kg and Bench: 63kg.

Frequently Asked Questions

01 How does the 5x5 program work?

It uses linear progression to increase weight over time. The MCP manages the math and the weekly schedule for you.

02 Can I use this with Claude?

Yes, you can connect this MCP to any compatible client like Claude, Cursor, or Windsurf.

03 What happens if I fail my lifts?

The MCP can evaluate your failure and tell you if it is time to initiate a deload protocol.

04 Do I need to manually calculate my weights?

No, the MCP handles all weight calculations based on your current strength levels.

05 How do I get a full training plan?

You can ask your AI client to generate a complete multi-week program using the built-in tools.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+" Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"5x5-program-generator": { "url": "..." }</code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

5x5 Program Generator is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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