MCP SERVER | NO CODE | CLOUD HOSTED

Accessory Exercise Selector MCP

Get precise training adjustments to break through strength plateaus.

Accessory Exercise Selector MCP acts as a specialized decision engine for strength training. It connects your AI client to periodization logic that analyzes your primary lifts, muscle weaknesses, and available gym equipment. Use it to find specific movements, organize your workout order, and build long-term progression plans.

A+ Quality Score 100/100

gym | workout | strength | hypertrophy | periodization

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vinkius.com/en/ai-agent-connect/accessory-exercise-selector

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.

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.

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.

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	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	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.

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.

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.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken 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.

Agent Activity

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

FinOps

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

Tool Health

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

Firewall & DLP

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

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.

Accessory Exercise Selector MCP

4 tools available
Cloud-hosted on Vinkius

Stop guessing which movements will actually fix your weak points. This MCP gives your AI client the logic needed to act like a strength coach. Instead of generic advice, you get specific exercise selections and volume parameters based on your actual training needs. If you are struggling with a specific lift, the MCP analyzes your weaknesses and the equipment you have on hand to suggest the right supplemental work. It handles the math of periodization, helping you decide how to increase load or difficulty over time so you don't stall. You can use it to check if a planned workout is even possible with the gear you have, or to figure out the most efficient order to perform your sets. It turns your AI agent into a tool that understands how to build strength through structured, logical programming.

Core Capabilities

01 — Weakness Analysis

Your AI client uses this to pick exercises that target specific muscle gaps.

02 — Equipment Verification

Your agent checks your gym inventory against your planned exercise list.

03 — Workout Organization

Your AI client calculates the most effective order for your training session.

04 — Load Management

Your agent generates plans to increase weight or reps over multiple sessions.

05 — Volume Calculation

Your AI client determines the necessary sets and reps for your training phase.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/en/ai-agent-connect/accessory-exercise-selector** — connect your AI agent in three steps.

01 Connect your preferred MCP-compatible client to Vinkius.

02 Tell your AI client about your primary lifts and current weaknesses.

03 List the equipment you have available in your gym.

04 The AI client uses the MCP tools to generate your plan.

05 Follow the specific exercises, sets, and reps provided.

Connect your AI client to the Vinkius-hosted MCP and start programming immediately.

Built For

This MCP is built for anyone looking to apply structured periodization to their training without manual programming.

Strength Athletes

Users who hand off their primary lift data to get specific accessory work.

Fitness Enthusiasts

People who use their AI client to organize workouts based on limited gym equipment.

Programmers

Individuals who want to validate the logic and sequencing of their training blocks.

What Changes When You Connect

01 Removes guesswork from supplemental exercise selection.

02 Matches training suggestions to the specific equipment you own.

03	Provides a logical path for increasing weight over time.
04	Optimizes the order of exercises to manage fatigue.

Real-World Applications

Breaking Plateaus

Identify specific accessory movements to fix weaknesses in your main lifts.

Home Gym Planning

Filter exercise recommendations so you only see what you can do with your available gear.

Session Organization

Get a logical sequence for your accessory movements to maximize efficiency.

Long-term Progression

Create a roadmap for increasing intensity over several weeks of training.

4 Tools Available

#	TOOL	DESCRIPTION
01	`get_accessory_recommendations`	This tool suggests specific exercises and volume targets to address your training gaps. It matches movements to your specific muscle weaknesses.
02	`get_progression_plan`	This tool provides a strategy for increasing weight or difficulty over time. It helps you manage long-term strength gains through structured loading.
03	`validate_equipment_feasibility`	This tool checks if your planned exercises are actually possible with the equipment you have. It prevents you from planning workouts you can't complete.
04	`get_workout_sequence`	This tool determines the best order for your accessory exercises. It organizes your session to ensure optimal performance for every movement.

See It in Action

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

U I am focusing on the Back Squat but my core is a weak point. I only have a barbell. What should I do for my hypertrophy phase?

For your hypertrophy phase focusing on core stability for the Back Squat using a barbell, I recommend performing Barbell Rollouts for 3 sets of 12 repetitions.

U What is the best order for these exercises: Bench Press, Tricep Extensions, and Pushups?

The optimal sequence for your workout is Bench Press, followed by Pushups, and finishing with Tricep Extensions.

U I've been doing 3 sets of 10 reps of Dumbbell Lunges. How should I progress in my strength phase?

To progress in your strength phase, you should increase the weight of the dumbbells once you can comfortably complete all 10 repetitions for all 3 sets.

Frequently Asked Questions

01 **How does this MCP help with strength plateaus?**

It analyzes your primary lift and identifies specific muscle weaknesses to suggest targeted accessory exercises.

02 **Can I use this if I only have dumbbells?**

Yes. You can use the equipment feasibility tool to ensure all recommended exercises match the gear you actually have.

03 **What AI clients can I use with this MCP?**

You can use any MCP-compatible client, including Claude, Cursor, Windsurf, and VS Code.

04 **Does it provide specific set and rep counts?**

Yes. The tool provides specific volume parameters, including sets and repetitions, for your recommended exercises.

05 **How does the progression work?**

The MCP provides a strategy to increase the load or difficulty of your exercises over subsequent training sessions.

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 `"accessory-exercise-selector": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → 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

Accessory Exercise Selector 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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Endpoint	`https://edge.vinkius.com/{token}/mcp`

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