

MCP SERVER

NO CODE

CLOUD HOSTED

Active Isolated Stretching Timer MCP

Manage precise AIS protocol timing and safety through your AI client.

Active Isolated Stretching Timer MCP provides a specialized timing engine for the Aaron Mattes AIS protocol. It handles the math and safety checks needed to avoid the stretch reflex, allowing you to focus on the movement. Your AI client uses this to calculate repetition timing, set durations, and identify necessary antagonist muscle contractions.

A+ Quality Score 100/100

stretching

ais

fitness-timer

muscle-recovery

physical-therapy



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.

Active Isolated Stretching Timer MCP

4 tools available

Cloud-hosted on Vinkius

This MCP handles the technical timing requirements of the Aaron Mattes Active Isolated Stretching (AIS) protocol. If you're working with AIS, you know that timing is everything. Missing the window can trigger the stretch reflex, which defeats the purpose of the movement. This tool removes the guesswork by providing your AI client with the exact math needed for every rep and set.

You can use it to plan out entire sessions or just check the timing for a single movement. It also helps you follow the principle of reciprocal inhibition by identifying which antagonist muscle you need to contract to facilitate a deeper, safer stretch. Beyond just timing, it acts as a safety check to ensure your planned repetitions and assistance levels stay within the appropriate range for the specific muscle group you're targeting.

Core Capabilities

01 — Repetition Timing

Your agent calculates the exact duration for individual stretch cycles.

02 — Set Planning

Your AI client determines the cumulative time needed for a complete set.

03 — Reciprocal Inhibition

Your agent identifies the antagonist muscle required to facilitate a stretch.

04 — Safety Validation

Your AI client checks if repetition counts and assistance levels match the target muscle's protocol.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/active-isolated-stretching-timer — connect your AI agent in three steps.

- 01 Connect your AI client to the Vinkius hosted MCP.
- 02 Ask your agent to calculate timing or set metrics.
- 03 Use the agent to identify antagonist muscles for specific stretches.
- 04 Verify safety parameters for the target muscle group.
- 05 Receive precise timing data directly in your chat interface.

Connect your preferred AI client to Vinkius to access the timing engine instantly.

Built For

This MCP is built for professionals who implement the Aaron Mattes AIS protocol in clinical or fitness settings.

Physical Therapists

They hand off protocol math and safety checks to the AI to focus on patient movement.

Athletic Trainers

They use the agent to quickly calculate set durations and muscle activation needs.

Fitness Professionals

They rely on the tool to ensure AIS timing remains precise during client sessions.

What Changes When You Connect

- 01 Prevents the stretch reflex by maintaining precise timing.
- 02 Automates the calculation of cumulative set durations.

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- | | |
|-----------|--|
| 03 | Ensures protocol adherence through muscle-specific safety checks. |
| <hr/> | |
| 04 | Simplifies reciprocal inhibition by identifying necessary muscle contractions. |
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Real-World Applications

Clinical Session Planning

A therapist uses the agent to calculate the exact timing for a patient's hamstring protocol.

Athlete Recovery

An athletic trainer checks the total time required for a multi-rep quadriceps set.

Muscle Activation Guidance

A user asks the agent which muscle to contract to facilitate a biceps stretch.

Safety Auditing

A professional validates that a specific set of repetitions is appropriate for a target muscle.

Patterns to Avoid

Guessing stretch durations

❌ AVOID

You tell your agent to just 'do a hamstring stretch' without specifying the timing or rep count.

✓ INSTEAD

Use ``calculate_stretch_cycle`` to get the exact timing needed for a single repetition to avoid triggering the stretch reflex.

Ignoring muscle activation

❌ AVOID

You attempt a deep stretch without knowing which muscle to contract to facilitate the movement.

✓ INSTEAD

Ask the agent for guidance using ``get_antagonist_guidance`` to identify the correct antagonist muscle for reciprocal inhibition.

Overstepping safety limits

❌ AVOID

You plan a high-repetition set for a muscle group without checking if the assistance level is appropriate.

✓ INSTEAD

Run your plan through `validate\_protocol\_safety` to ensure your repetitions and assistance levels match the specific muscle protocol.

The Right Fit

Physical therapists and athletic trainers should connect this MCP if they strictly follow the Aaron Mattes AIS protocol. If you use general stretching techniques that don't rely on specific timing or reciprocal inhibition, this tool won't add value to your workflow.

Active Isolated Stretching Timer 4 Tools

These tools handle the precise timing, muscle activation, and safety math required for the Aaron Mattes AIS protocol.

#	TOOL	DESCRIPTION
01	calculate_set_metrics	This tool calculates the total time and repetition data for a full set of stretches.
02	calculate_stretch_cycle	This tool determines the specific timing and structure for a single repetition.
03	get_antagonist_guidance	This tool identifies the specific muscle you need to activate to facilitate the stretch through reciprocal inhibition.
04	validate_protocol_safety	This tool checks if your requested repetitions and assistance levels are safe for the target muscle group.

See It in Action

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

U How long should I hold a stretch for the hamstrings with moderate assistance?



For a hamstring stretch with moderate assistance, the hold duration is 1.5 seconds.

U Calculate the total time for 10 reps of a quadriceps stretch with no assistance.



The total time for 10 repetitions of the quadriceps stretch with no assistance is 45 seconds.

U Which muscle should I activate to stretch my biceps?



To stretch your biceps, you should actively contract your triceps.

Frequently Asked Questions

01 What is the purpose of this MCP?

This MCP acts as a timing and safety engine for the Aaron Mattes Active Isolated Stretching (AIS) protocol.

02 How does it help avoid the stretch reflex?

It provides precise timing for each repetition, ensuring the stretch is held for the correct duration to avoid triggering the reflex.

03 Which AI clients can I use with this?

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

04 Can it tell me which muscle to contract during a stretch?

Yes, the tool identifies the antagonist muscle needed to facilitate the stretch through reciprocal inhibition.

05 Does it check if my stretching plan is safe?

Yes, it includes a tool to validate if your requested repetitions and assistance levels are appropriate for the specific muscle group.

06 What is the purpose of the AIS protocol?

The Active Isolated Stretching (AIS) protocol is designed to increase range of motion and reduce muscle tension by using short, controlled movements that avoid triggering the stretch reflex.

07 How do I know which muscle to contract during a stretch?

You can use the `get\_antagonist\_guidance` tool to identify the specific antagonist muscle that must be activated to facilitate the stretch through reciprocal inhibition.

08 Can I check if my stretching routine is safe?

Yes, the `validate\_protocol\_safety` tool evaluates if your chosen repetitions and assistance levels are appropriate for the specific muscle group you are targeting.

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>"active-isolated-stretching-timer": { "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

Active Isolated Stretching Timer 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	https://edge.vinkius.com/{token}/mcp

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