

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

Assisted Stretch Session Planner MCP

Build safe, effective stretching programs for any client.

Assisted Stretch Session Planner MCP builds structured stretching programs based on specific client flexibility and goals. It handles the heavy lifting of checking safety constraints and selecting the right movements so you can focus on the physical application. Use it to design sessions for pain relief, mobility improvements, or athletic performance.

A+ Quality Score 100/100

stretching

flexibility

mobility

physical-therapy

fitness-planning



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.

Assisted Stretch Session Planner MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to build professional stretching programs without second-guessing the physiological safety of your sequences. Instead of manually checking every movement against a client's specific limitations, you let your AI client handle the math and the logic. You provide the client's goals and current flexibility levels, and the MCP calculates the safe intensity boundaries and selects appropriate movements from a built-in library. It's built to help you move from a vague idea of a session to a structured, audited plan that respects the client's physical constraints. Whether you are working with a hypermobile athlete or someone recovering from injury, the tool ensures the sequence follows safety principles before you ever step into the room.

Core Capabilities

01 — Safety Boundary Calculation

The AI uses client assessments to set specific intensity limits.

02 — Movement Selection

Your agent pulls specific stretches from a categorized library.

03 — Full Program Generation

The MCP builds complete, timed session structures.

04 — Sequence Auditing

The tool checks your planned movements against physiological safety rules.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/assisted-stretch-session-planner — connect your AI agent in three steps.

- 01 Connect your preferred MCP-compatible client to Vinkius.
- 02 Provide your client's flexibility assessment and goals to your AI agent.
- 03 The MCP calculates safety constraints and selects movements.
- 04 Review the generated, audited session plan.

Connect your AI client to Vinkius and start generating plans immediately.

Built For

This MCP is built for practitioners who need to design precise, safe stretching protocols for diverse client needs.

Stretch Practitioners

They hand off client flexibility data to get structured session plans.

Physical Therapists

They use the tool to audit sequences for physiological safety.

Fitness Coaches

They generate mobility and performance programs for athletes.

What Changes When You Connect

- 01 Calculates safe intensity levels based on individual client assessments.
- 02 Reduces planning time by generating structured session outlines.

-
- 03** Provides a safety audit for proposed stretch sequences.
-
- 04** Organizes movements into a searchable library by target area.
-

Real-World Applications

Athletic Performance

Design high-intensity end-range stretching sessions for athletes with normal flexibility.

Injury Recovery

Create low-intensity mobility sessions for clients with specific physical constraints.

Hypermobility Management

Set moderate intensity limits to prevent joint instability in hypermobile clients.

Routine Mobility

Build 30-minute sessions focused on specific areas like hip flexors.

Patterns to Avoid

Ignoring physiological constraints

❌ AVOID

You build a high-intensity end-range program for a client with joint instability without checking their limits.

✓ INSTEAD

Always run the client's assessment data through `analyze_flexibility_constraints` to establish safe intensity boundaries first.

Manual sequence assembly

❌ AVOID

You spend thirty minutes picking individual stretches from a notebook to build a single session.

✓ INSTEAD

Use `plan_session` to generate a complete, timed structure in seconds based on the client's specific goals.

Skipping the safety check

❌ AVOID

You assume a sequence is safe because the movements feel right, even for a client recovering from injury.

✓ INSTEAD

Run your proposed list of movements through `validate_sequence_safety` to ensure it follows physiological safety principles.

The Right Fit

Connect this MCP if you design stretching protocols for diverse populations like athletes or injury recovery patients. Do not connect it if you only work with a single, uniform demographic where safety boundaries are never a concern. The decision rests on whether you need an automated way to audit movement sequences against specific physiological constraints.

Assisted Stretch Session Planner Tools

These tools handle the math and logic behind safe stretching protocols. They turn client assessment data into structured, audited movement sequences.

#	TOOL	DESCRIPTION
01	analyze_flexibility_constraints	This tool determines the safe intensity boundaries for a client based on their specific assessment data.
02	get_stretch_library	Use this to pull a list of available stretches categorized by their target body area.
03	plan_session	This tool generates a complete, structured assisted stretching session plan from scratch.
04	validate_sequence_safety	This tool audits your proposed stretch sequence to ensure it follows physiological safety principles.

See It in Action

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

U Plan a 30-minute mobility session for a client with limited flexibility and tight hip flexors.



The 30-minute mobility session includes: 5 minutes of general warm-up, 10 minutes of gentle hip flexor stretches at low intensity, and 15 minutes of targeted lower body movements.

U What are the safe intensity levels for a hypermobile client?



For hypermobile clients, the recommended maximum intensity is moderate to prevent joint instability.

U I need a high-intensity performance session for an athlete with normal flexibility focusing on hamstrings.



The performance session for hamstring focus includes high-intensity end-range stretches with controlled hold times to optimize muscle length-tension relationships.

Frequently Asked Questions

01 How does the MCP ensure stretching sessions are safe?

The MCP uses a tool to analyze flexibility constraints and another to audit the entire sequence against physiological safety principles.

02 Can I use this for athletes?

Yes, you can request high-intensity performance sessions specifically designed for athletes with normal flexibility.

03 What clients is this MCP compatible with?

It works with any MCP-compatible client like Claude, Cursor, Windsurf, or VS Code.

04 Does it work for hypermobile clients?

Yes, it can recommend moderate intensity levels for hypermobile clients to help prevent joint instability.

05 How are the stretches organized?

The stretch library is organized by target body area, making it easy for your agent to find specific movements.

06 How does the planner ensure client safety?

The server uses `validate\_sequence\_safety` to audit every proposed sequence against physiological principles, ensuring intensity levels match the client's flexibility profile.

07 Can I customize the session duration?

Yes, when using `plan\_session`, you can specify the exact number of minutes for the session, and the engine will ensure all stretches fit within that timeframe.

08 What types of goals can I set?

You can choose between pain relief, mobility, or performance as the primary goal for the session.

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>"assisted-stretch-session-planner": { "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

Assisted Stretch Session Planner 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

INDEPENDENT PLATFORM DISCLAIMER

Vinkius is an independent platform and is not affiliated with, endorsed by, sponsored by, verified by, or otherwise authorized by Assisted Stretch Session Planner. All third-party trademarks, logos, and brand names are the property of their respective owners. Their use in this document is strictly for informational purposes to identify service compatibility and interoperability.

DOCUMENT INFORMATION

Generated	September 2026
MCP Server	Assisted Stretch Session Planner MCP
Server ID	01a0ba7b-4f0f-70d0-885c-1f2bc7741cf9
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

LICENSE & USAGE

This document is generated automatically by the Vinkius PDF Engine. Content reflects the MCP server configuration at the time of generation and may change as updates are deployed. For the most current information, visit vinkius.com/en/ai-agent-connect/assisted-stretch-session-planner.