

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

German Volume Training Planner MCP.

Automate your 10x10 hypertrophy training cycles.

German Volume Training Planner MCP manages the math and structure of the GVT protocol. Your AI client uses this to build full training progressions, calculate specific starting weights based on your 1RM, recommend movement tempos, and decide when you are ready to increase the load.

workout

hypertrophy

strength

training

gvt



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.

German Volume Training Planner MCP

4 tools available

Cloud-hosted on Vinkius

If you follow the German Volume Training protocol, you know the math and timing have to be exact to see results. This MCP handles the heavy lifting of the planning process. Instead of manually calculating percentages or guessing your tempo, you let your AI agent manage the variables. You can build out entire training cycles based on specific muscle groups or exercises. The tool calculates your starting loads so you don't have to guess your intensity. It also provides the specific tempo required for the movement to ensure you're hitting the right time under tension. As you get stronger, your agent uses the data to tell you exactly when it's time to move up in weight. It turns your AI client into a specialized strength coach that follows the GVT principles strictly.

Core Capabilities

01 — Cycle Planning

Your agent builds full training progressions based on your chosen exercises.

02 — Weight Calculation

The AI calculates your exact starting loads using your 1RM data.

03 — Tempo Guidance

Your agent provides the specific timing needed for each movement.

04 — Progression Logic

The tool decides when you are ready to increase your weight.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/german-volume-training-planner — connect your AI agent in three steps.

- 01 Connect your preferred MCP-compatible client to Vinkius.
- 02 Tell your agent which muscle groups or exercises you want to train.
- 03 Let the agent calculate your weights and tempo.
- 04 Follow the generated plan and report your performance back to the agent.

Connect the MCP to your AI client and start training.

Built For

This is for anyone following high-volume hypertrophy protocols who wants an AI agent to manage the technical details.

Strength Athletes

They hand off the math of weight and tempo to the AI.

Fitness Coaches

They use the MCP to generate structured plans for their clients.

Data-Driven Lifters

They use the tool to track and automate their progression logic.

What Changes When You Connect

- 01 Removes the guesswork from calculating 10×10 starting weights.
- 02 Standardizes movement tempo for consistent time under tension.

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- 03 Automates the decision to increase weight based on performance.
 - 04 Organizes complex training cycles into simple, actionable plans.
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Real-World Applications

Starting a New Cycle

You tell your agent your exercises and it builds a complete GVT progression.

Checking Tempo

You ask for the correct timing for a specific movement to ensure proper hypertrophy.

Calculating Intensity

You provide your 1RM and the agent tells you exactly what weight to put on the bar.

Deciding to Level Up

You check with your agent to see if your recent sets justify a weight increase.

4 Tools Available

#	TOOL	DESCRIPTION
01	plan_gvt_cycle	This tool builds a complete training progression. It organizes exercises and muscle groups into a structured GVT plan.
02	calculate_working_weight	This tool determines your starting load. It uses your known maximums to set the correct intensity for your 10×10 sets.
03	evaluate_progression_readiness	This tool checks if you should increase your training weight. It analyzes your performance to decide if you've mastered the current load.
04	get_tempo_recommendation	This tool provides the specific movement timing required for the protocol. It ensures you follow the correct tempo for hypertrophy.

See It in Action

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

U Plan a GVT cycle for Chest and Back with Squats and Bench Press, training 2 times a week.



Your GVT cycle is ready. You will perform 10 sets of 10 reps for Squats and Bench Press, with a recovery period of 3 days between sessions.

U What weight should I use if my 1RM for Bench Press is 100kg and I want 60% intensity?



You should use 60kg for your 10×10 sets.

U What is the recommended tempo for hypertrophy in GVT?



For hypertrophy, a tempo of 4-0-2-0 is recommended to maximize time under tension during the eccentric phase.

Frequently Asked Questions

01 What is GVT?

German Volume Training is a high-volume hypertrophy protocol involving 10 sets of 10 repetitions.

02 How does this MCP help with weight selection?

It uses your 1RM and desired intensity to calculate the exact starting load for your sets.

03 Can I use this with Claude or Cursor?

Yes, you can use this MCP with any MCP-compatible client like Claude, Cursor, or Windsurf.

04 Does it tell me when to add weight?

Yes, the tool evaluates your progression readiness to decide if you should increase the load.

05 What kind of tempo does it recommend?

It provides specific movement timing, such as a 4-0-2-0 tempo, to maximize time under tension.

06 How do I use this to plan my workouts?

You can use ``plan_gvt_cycle`` to generate a complete training plan by providing your target muscle groups and chosen exercises.

07 How is the weight determined?

The ``calculate_working_weight`` tool determines the starting load based on your estimated one-repetition maximum and a target intensity percentage.

08 When should I increase my training weight?

Use ``evaluate_progression_readiness`` to check if you have successfully completed all 10 sets of 10 reps to determine if you are ready for more weight.

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>"german-volume-training-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

German Volume Training 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

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

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