

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

GYROTONIC® Expansion Series Planner MCP.

Build precise movement protocols for any client level.

GYROTONIC® Expansion Series Planner MCP gives your AI client the technical knowledge to build complete session protocols. It handles everything from specific exercise details and breathing patterns to equipment-specific movement constraints and physiological progression checks.

A+ Quality Score 100/100

gyrotonic

fitness-planning

movement

wellness

exercise-protocol



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.

GYROTONIC® Expansion Series Planner MCP

4 tools available

Cloud-hosted on Vinkius

You can now give your AI agent the ability to act as a specialized GYROTONIC® instructor. This MCP provides the technical framework needed to design expansion series protocols that respect specific client levels and equipment limitations. Instead of guessing, your agent can pull exact repetition ranges and breathing patterns for specific movements.

You can use it to build full routines from scratch or check if a sequence you've already drafted is safe and follows proper physiological progression. It also knows the specific capabilities of apparatus like the Pulley Tower or Handle Unit, so it won't suggest a movement that the equipment can't support. It's a technical backbone for anyone needing to turn client data into actionable, structured movement sessions.

Core Capabilities

01 — Protocol Generation

Your agent creates full, structured session plans based on client needs.

02 — Equipment Constraints

The AI checks what movements are actually possible on specific apparatus.

03 — Safety Validation

Your agent verifies that exercise sequences follow correct physiological progressions.

04 — Technical Specifics

The AI retrieves exact repetition counts and breathing instructions for exercises.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/gyrotonic-expansion-series-planner — connect your AI agent in three steps.

- 01 Connect your preferred MCP-compatible client to Vinkius.
- 02 Provide your agent with client details and available equipment.
- 03 The agent uses the MCP tools to pull technical data and validate paths.
- 04 Receive a structured, ready-to-use session protocol.

Connect your client to the Vinkius-hosted MCP and start generating protocols immediately.

Built For

This MCP is built for movement professionals who need to quickly generate accurate, safe, and equipment-specific training protocols.

GYROTONIC® Instructors

Hand off the heavy lifting of session drafting and progression checking to your agent.

Fitness Program Designers

Use the technical data to build structured movement series for diverse client levels.

Wellness Coaches

Leverage the tool to ensure movement sequences remain physiologically sound.

What Changes When You Connect

- 01 Reduces manual drafting time for complex movement protocols.
- 02 Ensures exercise sequences follow safe physiological paths.
- 03 Matches movement suggestions to specific equipment capabilities.

- 04 Provides consistent technical details for breathing and repetitions.
-

Real-World Applications

Client Session Planning

Generate a full 45-minute routine for a specific client level and equipment setup.

Safety Auditing

Verify that a planned sequence of exercises doesn't skip necessary developmental steps.

Technical Reference

Quickly look up the exact breathing and repetition requirements for a specific exercise.

Equipment Optimization

Determine which exercises are best suited for the Pulley Tower or Handle Unit.

Patterns to Avoid

Ignoring equipment limitations

❌ AVOID

You ask your agent to design a full routine for a client but don't specify which apparatus is available in the studio.

✓ INSTEAD

Always define the available hardware first. Use `get_equipment_capabilities` to ensure every suggested movement is actually possible on your specific gear.

Skipping safety checks

❌ AVOID

You take a custom sequence you wrote manually and tell your agent to just format it into a clean session plan.

✓ INSTEAD

Run your drafted sequences through `validate_progression_path` to confirm the movements follow a safe physiological order before you give them to a client.

Guessing technical details

❌ AVOID

You ask your agent to write a session and hope it remembers the correct breathing patterns for a specific exercise.

✓ INSTEAD

Don't rely on the agent's general knowledge. Use `get_exercise_details` to pull the exact repetition counts and breathing instructions required for accuracy.

The Right Fit

Connect this MCP if you are a movement professional who needs to turn client data into structured, safe, and equipment-specific protocols. Do not connect it if you are looking for general fitness advice or generic workout generators. The decision rests on whether you need to adhere to strict GYROTONIC® technical standards.



4 Specialized Tools for GYROTONIC® Protocol Design

These tools give your agent the technical knowledge to build, verify, and refine movement sessions based on specific equipment and client needs.

#	TOOL	DESCRIPTION
01	get_equipment_capabilities	This tool tells your agent which exercises and movement focuses are possible on a specific piece of equipment.
02	get_exercise_details	This tool provides the technical specifics for an individual exercise within a series.
03	get_session_plan	This tool generates a complete, structured session protocol tailored to a single client.
04	validate_progression_path	This tool checks if a sequence of exercises follows a valid physiological progression for safety.

See It in Action

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

U Create a 45-minute mobility session for an intermediate client using the Pulley Tower.



The session will consist of a 45-minute expansion series focused on spinal mobility, featuring specific curvilinear movements on the Pulley Tower with guided breathing patterns.

U What are the technical details for the 'Spinal Articulation' exercise for a beginner?



For a beginner, 'Spinal Articulation' involves 8 to 10 repetitions focusing on slow, controlled circular movements with deep inhalation during expansion and exhalation during contraction.

U Is this sequence valid for an advanced user: exercise_01, exercise_05, exercise_02?



No, the sequence is invalid because it skips essential intermediate movements required for advanced progression.

Frequently Asked Questions

01 How do I use this MCP with my AI client?

You connect your client, such as Claude or Cursor, to Vinkius once. From there, your agent can immediately call the tools provided by this MCP.

02 Can this MCP help with equipment-specific training?

Yes. It includes a tool to check the capabilities of specific apparatus like the Pulley Tower to ensure suggested movements are possible.

03 Does it help ensure client safety?

Yes. The validation tool checks if an exercise sequence follows a valid physiological progression.

04 What kind of session plans can it create?

It generates structured expansion series protocols that include exercise sequences, repetition ranges, and breathing patterns.

05 Do I need to host this myself?

No. Vinkius hosts and manages the MCP, so it is ready to use as soon as you connect your client.

06 How do I generate a full session plan?

You can use the `get\_session\_plan` tool by providing the client's proficiency level, the equipment being used, the session goals, and the desired duration.

07 Can I check if a sequence of exercises is safe for a beginner?

Yes, use the `validate\_progression\_path` tool to verify if an exercise sequence follows a valid physiological progression for the specified client level.

08 What equipment is supported?

The planner supports core GYROTONIC® apparatus such as the Pulley Tower and the Handle Unit. You can use `get\_equipment\_capabilities` to see specific exercises for each.

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>"gyrotonic-expansion-series-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

GYROTONIC® Expansion Series 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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DOCUMENT INFORMATION

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

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