

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

practice-repetition-total is a fitness workload MCP.

Get precise breakdowns of your training volume and exercise intensity.

practice-repetition-total gives your AI client the ability to process training data. It calculates total session reps, finds your highest volume movements, and breaks down how much work you're doing in specific categories like strength or skill. Instead of manual math, your agent handles the workload analysis for you.

A+ Quality Score 100/100

fitness

training

workload

reps

exercise



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.

practice-repetition-total MCP

4 tools available

Cloud-hosted on Vinkius

You can stop manually tallying up every set and rep after a workout. This MCP turns your raw training logs into actionable data by letting your AI client perform the heavy lifting on volume calculations. If you're tracking progress, you need to know if you're actually increasing intensity or just spinning your wheels.

By connecting this to your preferred AI client, you can instantly see how much work you've put into specific movement patterns. You can identify which exercises are driving your volume and where your training might be lopsided. Whether you are looking at total session repetitions or how your workload is split between strength and skill work, the math is handled instantly. It's a direct way to monitor training load and ensure your programming stays on track without the spreadsheet headache.

Core Capabilities

01 — Total Volume Calculation

Your agent sums up all repetitions to find the total workload of a session.

02 — Category Breakdown

The AI analyzes how much work is being done in specific areas like strength or skill.

03 — Peak Volume Identification

Your client finds the specific exercise that required the most repetitions.

04 — Movement Group Analysis

The AI calculates the workload for specific groups of exercises.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/practice-repetition-total — connect your AI agent in three steps.

- 01 Connect your MCP-compatible client to Vinkius.
- 02 Provide your training data or logs to your AI client.
- 03 Ask your agent to calculate totals or analyze distribution.
- 04 Receive immediate, calculated workload reports.

Connecting this MCP to your AI client is a one-time setup that enables immediate data analysis.

Built For

This MCP is built for people managing physical training loads and performance data.

Fitness Trainers

Hand off raw client workout logs to the AI to get instant volume reports.

Athletes

Use your agent to monitor training intensity and workload distribution.

Strength Coaches

Let the AI identify high-volume movements to adjust programming.

What Changes When You Connect

- 01 Eliminates manual math for session repetition totals.
- 02 Provides instant visibility into training category distribution.
- 03 Identifies high-volume exercises without manual searching.
- 04 Automates workload monitoring through your AI client.

Real-World Applications

Weekly Load Review

Your agent calculates the total reps for the week to ensure you aren't overtraining.

Program Balancing

Check the volume distribution to see if you're doing enough strength work compared to skill work.

Exercise Focus

Find out which movement is your highest volume exercise to track progressive overload.

Session Summaries

Get a quick total of all repetitions performed in a single workout session.

Patterns to Avoid

Manual Rep Tallying

❌ AVOID

You spend twenty minutes with a calculator and a notebook trying to figure out your total volume for a leg day.

✓ INSTEAD

Let your agent do the math instantly by using `calculate_session_total_reps` to get the full count.

Vague Training Reviews

❌ AVOID

You tell your client that you feel like you worked hard, but you have no idea if your volume actually increased.

✓ INSTEAD

Use `analyze_volume_distribution` to see exactly how your work is split between different training categories.

Ignoring High Volume Movements

❌ AVOID

You assume your training is balanced without checking which specific exercises are actually driving your fatigue.

✓ INSTEAD

Run `get_highest_repetition_exercise` to pinpoint the exact movement that is consuming most of your capacity.

The Right Fit

Connect this MCP if you manage physical training loads and need to track progressive overload without manual spreadsheets. Do not connect it if you only track single-set maxes or non-repetition based metrics. The decision depends on whether you need to quantify total workload through repetition counts.



practice-repetition-total 4 Tools for Training Volume Analysis

These tools handle the math for your training logs. They turn raw repetition counts into clear data on workload and movement distribution.

#	TOOL	DESCRIPTION
01	analyze_volume_distribution	This tool breaks down how your repetitions are spread across different training categories. It shows you the balance between different types of work in a single view.
02	calculate_session_total_reps	This tool sums up every repetition performed during a training session. It gives you the total volume count for the entire workout.
03	get_exercise_group_volume	This tool calculates the total work completed within a specific category of movement. Use it to see exactly how much volume you've accumulated in one training area.
04	get_highest_repetition_exercise	This tool identifies the single exercise where you performed the most repetitions. It highlights your most high-volume movement for any given session.

See It in Action

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

U What was my total volume for this session: [{'reps': 10}, {'reps': 20}, {'reps': 5}]?



The total volume for your session is 35 repetitions.

U Which exercise had the most reps: [{'name': 'Squat', 'reps': 12}, {'name': 'Pushup', 'reps': 25}]?



The exercise with the most repetitions was Pushup with 25 reps.

U Show me the volume distribution for: [{'reps': 10, 'category': 'Strength'}, {'reps': 5, 'category': 'Skill'}, {'reps': 15, 'category': 'Strength'}]



The volume distribution is: Strength: 25, Skill: 5.

Frequently Asked Questions

01 What can this MCP do with my workout data?

It calculates total session repetitions, identifies your highest volume exercises, and breaks down how much work you've done in specific categories like strength or skill.

02 Which AI clients can I use with this MCP?

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

03 Do I need to host this myself?

No, Vinkius hosts and manages the MCP for you. You just connect your client and start using the tools.

04 Can I see how much strength work I did versus skill work?

Yes, the `analyze_volume_distribution` tool provides a breakdown of repetitions across different categories.

05 How does it find my most demanding exercise?

The `get_highest_repetition_exercise` tool scans your data to find the single exercise with the most repetitions.

06 How do I calculate the total repetitions for my workout?

You can use the `calculate_session_total_reps` tool by providing a list of your exercises and their respective repetition counts.

07 Can I see how much volume I did in a specific category?

Yes, the `get_exercise_group_volume` tool allows you to filter repetitions by a specific category like 'Strength' or 'Skill'.

08 How do I find my most intense exercise?

Use the `get_highest_repetition_exercise` tool to identify which single movement had the highest number of repetitions.

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>"practice-repetition-total": { "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

practice-repetition-total 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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