



QUICK CARD

Biomechanical Analysis

How it works – one page

Biomechanical Analysis is the TrainersEye clinical muscle assessment.

TrainersEye app → Dashboard → Biomechanical Analysis · Pro plan

GETTING STARTED

THE ASSESSMENT

THE REPORT

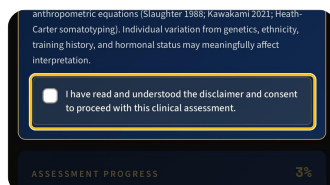
HELP



1

Open the tool

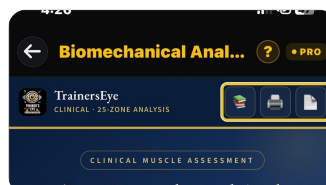
From the Dashboard, tap Biomechanical Analysis. It is a Pro-plan tool on the TrainersEye Clinical Platform.



2

Read and accept the disclaimer

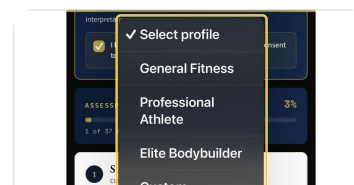
Read the medical disclaimer – evidence-based analysis, not a substitute for diagnosis; physician clearance for clients with pre-existing conditions – then tick the consent box.



3

References, print and report

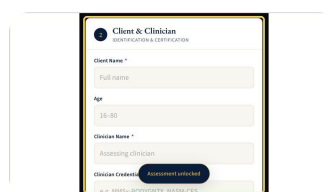
The three header buttons open the references behind the calculations, print the assessment, and open the report document.



4

Subject profile

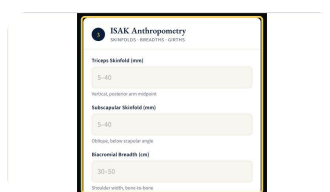
Choose the user profile – general fitness, professional athlete, elite bodybuilder or custom – and the biological sex.



5

Client and clinician

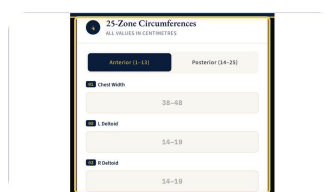
Enter the client's name, age, height and weight, then your own name and credentials as the assessing clinician – for example MMSx-BODYGNTX or NASM-CES.



6

ISAK anthropometry

Record the triceps and subscapular skinfolds in millimetres, the biacromial and bi-iliocristal breadths and the relaxed arm and calf girths in centimetres, each at its ISAK landmark.



7

The 25 zones

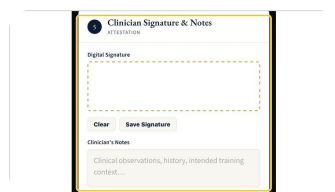
Enter the circumferences in centimetres – Anterior 1 to 13 from chest width and deltoids to calves, Posterior 14 to 25 from upper trapezius to hamstrings.



8

Watch the progress

The progress bar counts the 37 fields; it fills as you go and shows how many remain.



9

Signature and notes

Sign in the signature box and save it; add clinical observations, history and the intended training context in the notes.



10

Perform the clinical analysis

Tap Perform Clinical Analysis.



11

The report cover

The report opens with the subject block: subject, age and sex, height, weight and BMI, calibration profile, date, clinician and certification, development grade, composite risk tier and the report ID.



12

Read the analysis pages

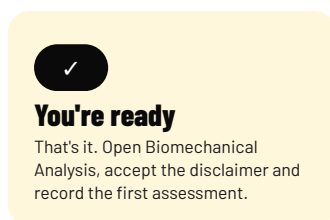
Executive summary with development score, body-fat estimate, ASM and risk tier; anthropometric profile measured against ideal; bilateral symmetry with the asymmetry index; proportionality, ratios and risk; then the corrective prescription and references.



13

Get help any time

Tap the question mark at the top whenever you need help.



You're ready

That's it. Open Biomechanical Analysis, accept the disclaimer and record the first assessment.

IN THE REPORT

MASTHEAD · CALIBRATION PROFILE APPLIED · FOUR HEADLINE FIGURES · OVERALL CLINICAL DISPOSITION · BILATERAL SYMMETRY PROFILE · KEY CLINICAL FINDINGS · ZONE DEVELOPMENT CHART · FOOTER