

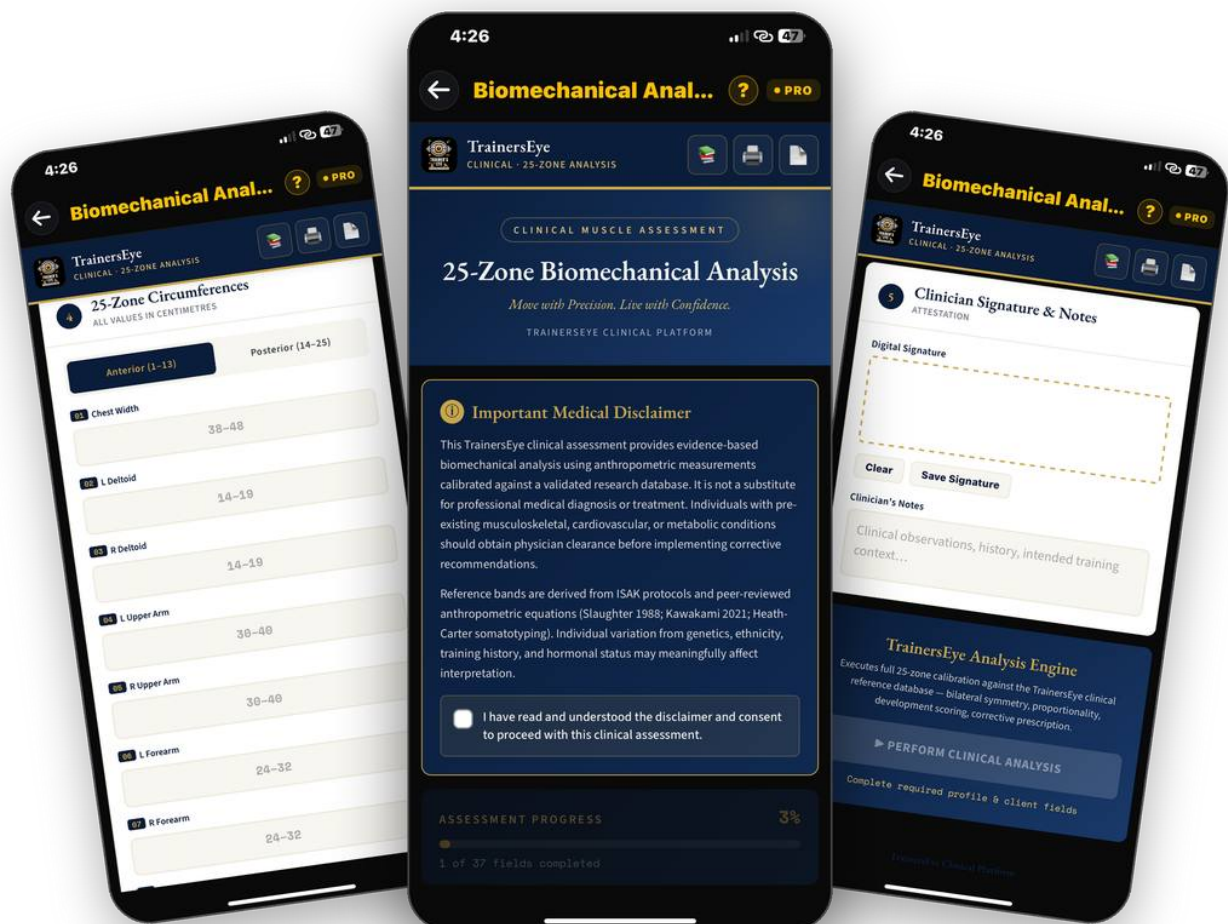


USER GUIDE

Biomechanical Analysis

Clinical muscle assessment – 25 zones, ISAK anthropometry, symmetry, proportion and risk, in one report.

How to use the tool, step by step – in the TrainersEye app





What is Biomechanical Analysis?

Biomechanical Analysis is the TrainersEye clinical muscle assessment. A clinician records the subject profile, ISAK skinfolds, breadths and girths, and the circumferences of 25 body zones; the analysis engine calibrates them against the TrainersEye clinical reference database – 27 calibration profiles – and returns bilateral symmetry, proportionality, a development score and a composite risk tier, with a corrective prescription. The output is an eight-page clinical biomechanical report with a report ID, ready to print or send. Reference bands derive from ISAK protocols and peer-reviewed anthropometric equations.

25 zones, ISAK method

Anterior zones 1–13 and posterior 14–25 in centimetres, plus triceps and subscapular skinfolds, biacromial and bi-iliocristal breadths, arm and calf girths.

Calibrated, not guessed

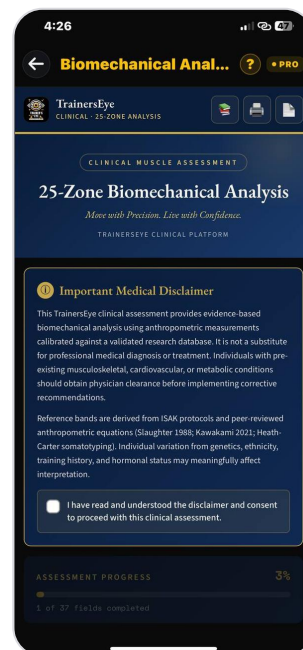
Every zone is measured against the ideal for the chosen profile – general fitness, professional athlete, elite bodybuilder or custom – from a 27-profile calibration database.

Symmetry, proportion, risk

Left-right asymmetry index with clinical bands, structural ratios against acceptable bands, a development score out of 100 and a composite risk index out of 40.

A clinical report

Eight pages: cover and subject block, executive summary, anthropometric profile, symmetry analysis, proportionality and risk, corrective prescription and references – with a report ID.



Where to find it

Open the TrainersEye app, go to the Dashboard and tap Biomechanical Analysis. It is part of the Pro plan.



This guide in thirteen steps

- 1 Open the tool
- 2 Read and accept the disclaimer
- 3 References, print and report
- 4 Subject profile
- 5 Client and clinician
- 6 ISAK anthropometry
- 7 The 25 zones
- 8 Watch the progress
- 9 Signature and notes
- 10 Perform the clinical analysis
- 11 The report cover
- 12 Read the analysis pages
- 13 Get help any time



PART 1 · GETTING STARTED

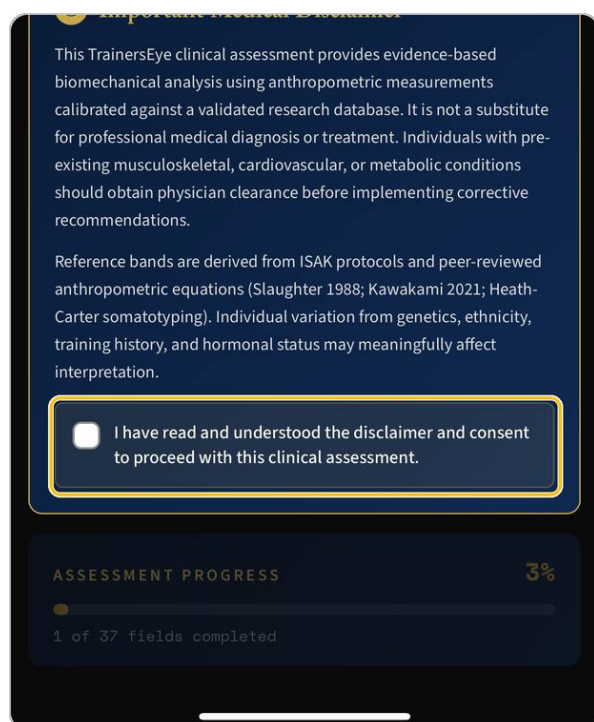
STEP 1

Open the tool

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

TIP

The plan badge beside the title shows Pro, so you know the tool is included in your subscription.



PART 1 · GETTING STARTED

STEP 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. The assessment unlocks.

TIP

The consent is part of the clinical record: read it with the client, not for them.



PART 1 · GETTING STARTED

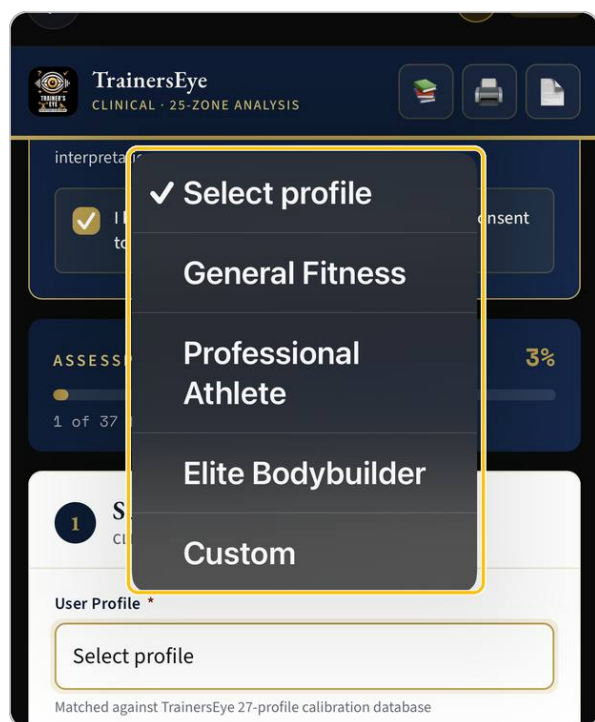
STEP **3**

References, print and report

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

TIP

Print and the report become useful once the analysis has run; the references are there from the start.



PART 2 · THE ASSESSMENT

STEP **4**

Subject profile

Choose the user profile — general fitness, professional athlete, elite bodybuilder or custom — and the biological sex. The profile is matched against the 27-profile calibration database; anthropometric norms vary by sex.

TIP

Pick the profile the client trains as, not the one they aspire to — the ideals are calibrated to it.



PART 2 · THE ASSESSMENT

STEP 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.

TIP

Name, age and clinician are required fields; the analysis button stays locked until they are complete.

PART 2 · THE ASSESSMENT

STEP 6

ISAK anthropometry

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

TIP

Take the mean of three consecutive readings, subject relaxed, tape perpendicular to the segment with zero compression.



TrainersEye
CLINICAL · 25-ZONE ANALYSIS

25-Zone Circumferences
ALL VALUES IN CENTIMETRES

Anterior (1-13) Posterior (14-25)

01 Chest Width
38-48

02 L Deltoid
14-19

03 R Deltoid
14-19

04 L Upper Arm
30-40

PART 2 · THE ASSESSMENT

STEP 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. Each field shows its expected range.

TIP

Measure at the landmark of greatest segmental girth, and measure left and right the same way – symmetry depends on it.

Important Medical Disclaimer

This TrainersEye clinical assessment provides evidence-based biomechanical analysis using anthropometric measurements calibrated against a validated research database. It is not a substitute for professional medical diagnosis or treatment. Individuals with pre-existing musculoskeletal, cardiovascular, or metabolic conditions should obtain physician clearance before implementing corrective recommendations.

Reference bands are derived from ISAK protocols and peer-reviewed anthropometric equations (Slaughter 1988; Kawakami 2021; Heath-Carter somatotyping). Individual variation from genetics, ethnicity, training history, and hormonal status may meaningfully affect interpretation.

☐ I have read and understood the disclaimer and consent to proceed with this clinical assessment.

ASSESSMENT PROGRESS 3%

1 of 37 fields completed

PART 2 · THE ASSESSMENT

STEP 8 Watch the progress

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

TIP

Every zone entered adds to the report; blanks print as dashes and drop out of the scoring.



PART 2 · THE ASSESSMENT

STEP **9**

Signature and notes

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

TIP

The signature and notes print in the report's attestation – they are what makes it a clinical document.

PART 2 · THE ASSESSMENT

STEP **10**

Perform the clinical analysis

Tap Perform Clinical Analysis. The engine calibrates all 25 zones against the reference database – bilateral symmetry, proportionality, development scoring and corrective prescription.

TIP

The button unlocks when the required profile and client fields are complete.



PART 3 · THE REPORT

STEP **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.

TIP

Quote the report ID in any correspondence; it ties the report to this assessment.

PART 3 · THE REPORT

STEP **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.

TIP

The disposition line on page two is the sentence to act on — high risk means clinical or physiotherapy evaluation before high-load programming.



PART 4 · HELP

STEP **13**

Get help any time

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

TIP

The question mark works on every screen of the tool.



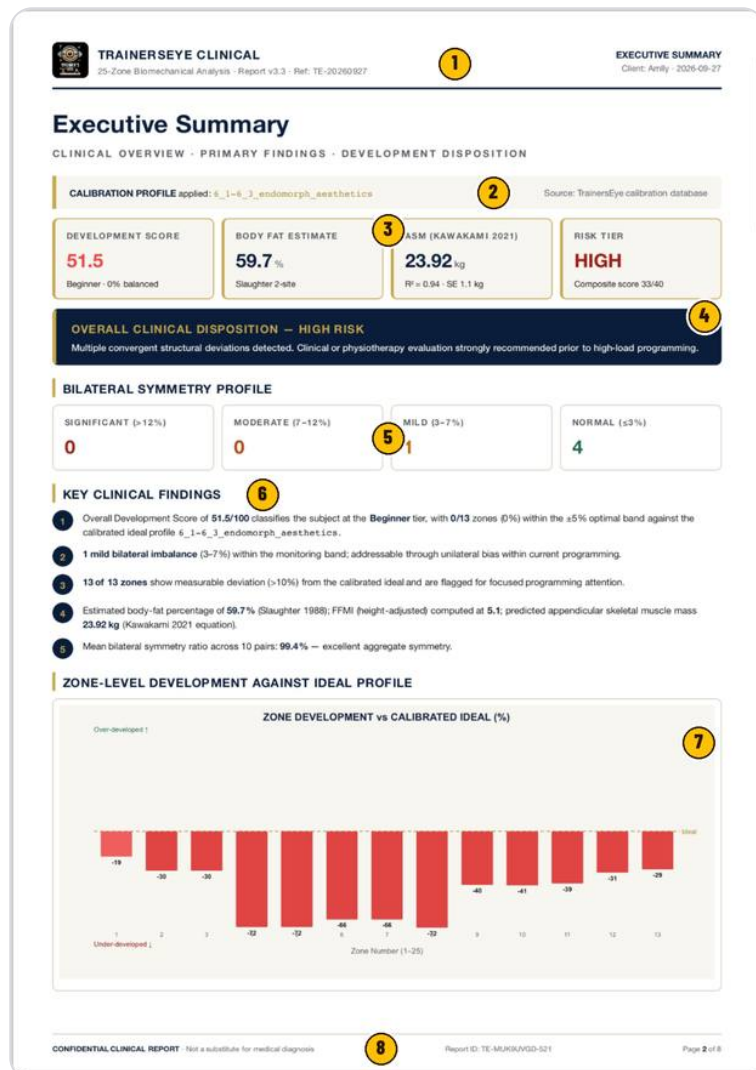
You're ready

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



Reading the report

Page two is the executive summary – the page a clinician reads first. Here is what each part means.



- Masthead**
TrainersEye Clinical, report version and reference, client and date.
- Calibration profile applied**
The reference profile the zone ideals were drawn from.
- Four headline figures**
Development score out of 100, body-fat estimate, appendicular skeletal muscle mass and the risk tier.
- Overall clinical disposition**
The one-line conclusion and the recommended action.
- Bilateral symmetry profile**
How many muscle pairs fall in each band – significant, moderate, mild, normal.
- Key clinical findings**
The numbered findings behind the disposition.
- Zone development chart**
Every zone against its calibrated ideal – over- or under-developed, in percent.
- Footer**
Confidential clinical report, not a substitute for medical diagnosis, report ID and page.



Move with **Precision.** Live with **Confidence.**

BIOMECHANICAL ANALYSIS IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

TrainersEye Clinical Platform · Powered by MMSx Authority research

Evidence-based biomechanical analysis, not a substitute for professional medical diagnosis or treatment. Clients with pre-existing musculoskeletal, cardiovascular or metabolic conditions should obtain physician clearance before corrective recommendations are implemented.