



QUICK CARD

Coach

How it works – one page

Coach gives you your coach two ways.

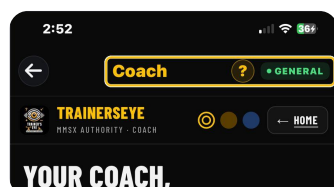
TrainersEye app → Dashboard → Coach · General plan

GETTING STARTED

LIVE COACH

DAILY WEIGHT CHECK

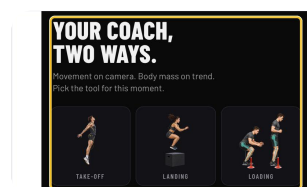
SETTINGS



1

Open the tool

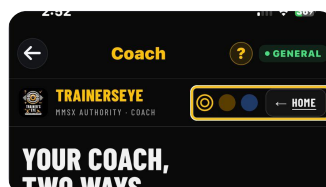
From the Dashboard, tap Coach. It is part of the General plan, so every subscriber can use it.



2

Pick the tool for this moment

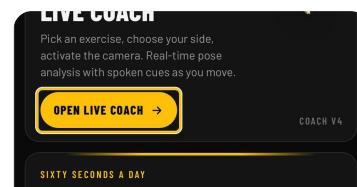
Your coach, two ways: Live Coach watches movement on camera; Daily Weight Check reads body mass on trend.



3

Look, theme and Home

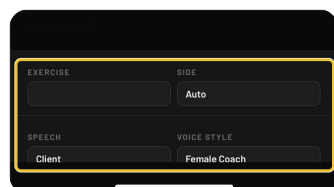
The three dots switch the look – amber, warm dark or navy. Home brings you back to this landing from either tool.



4

Open Live Coach

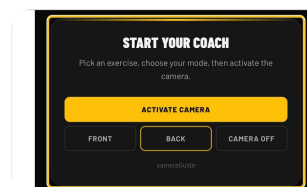
Tap Open Live Coach. Coach V4 opens with the camera off and the start panel ready.



5

Exercise, side, speech and voice

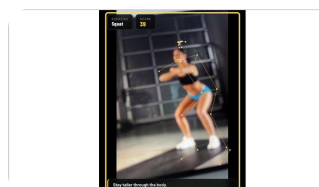
Below the panel choose the exercise, your side (Auto lets the coach decide), who the speech is for and the voice style – female or male coach.



6

Activate the camera

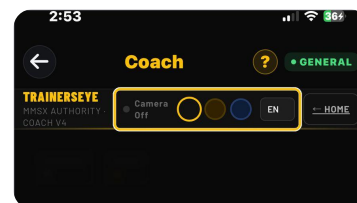
Tap Activate Camera, then choose Front or Back. Camera Off stops the coach at any time.



7

Move – score, skeleton and cues

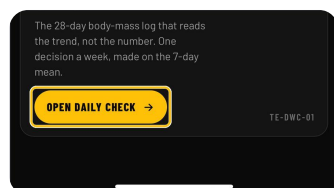
As you move, the coach draws your joints, scores the rep and speaks a cue – such as Stay taller through the body.



8

Language and status

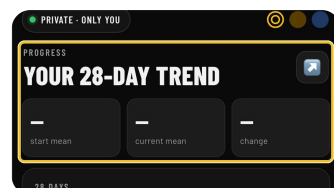
The header shows the camera status, the look and the language.



9

Open Daily Weight Check

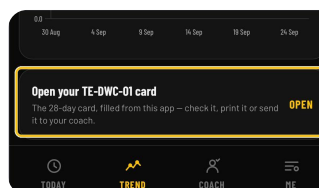
Back on the landing, tap Open Daily Check. Daily Check V1 opens on your private 28-day log – only you can see it.



10

Today and Trend

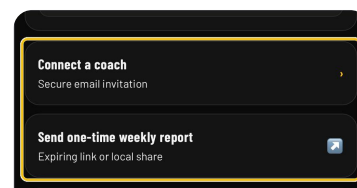
Today logs this morning's weight; Trend shows the 28-day chart with the start mean, current mean and change, and the ± 1 kg noise zone.



11

Your TE-DWC-01 card

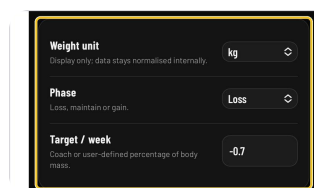
Open your TE-DWC-01 card – the 28-day card filled from this app – to check it, print it or send it to your coach.



12

Share with your coach

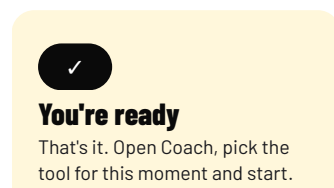
Coach sharing is yours to control: connect a coach by secure email invitation, or send a one-time weekly report by an expiring link or local share.



13

Unit, phase and target

In Me, set the weight unit, the phase – loss, maintain or gain – and the weekly target as a percentage of body mass.



You're ready

That's it. Open Coach, pick the tool for this moment and start.

WHAT THE COACH READS

UNWEIGHTING · PEAK BRAKING · FLIGHT · LANDING PEAK · JOINT FLEXION · STICKING REGION · NOISE ZONE · WEEKLY MEANS