

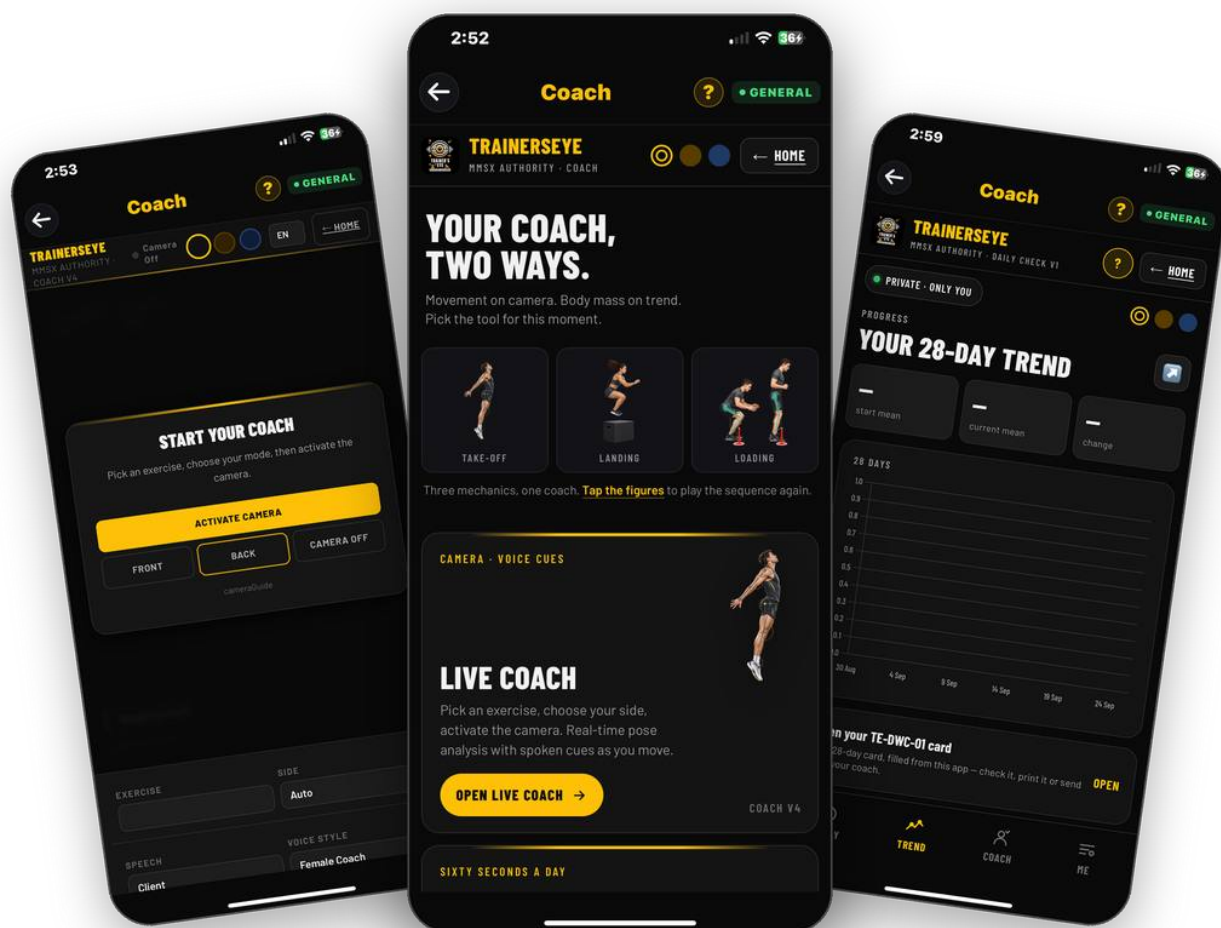


USER GUIDE

Coach

Your coach, two ways — movement on camera, body mass on trend.

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





What is Coach?

Coach gives you your coach two ways. Live Coach puts the camera on your movement — pick an exercise, choose your side, activate the camera, and get real-time pose analysis with spoken cues as you move. Daily Weight Check is the sixty-seconds-a-day body-mass log that reads the trend, not the number, and makes one decision a week on the 7-day mean. Both stay private until you choose to share with your coach.

Live Coach

Camera on, exercise chosen — real-time pose analysis with spoken cues as you move, front or back camera, female or male voice.

Daily Weight Check

A 28-day body-mass log that reads the trend, not the number — one decision a week on the 7-day mean.

Your coach, your data

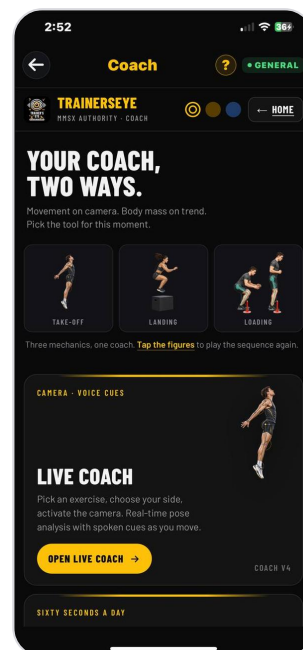
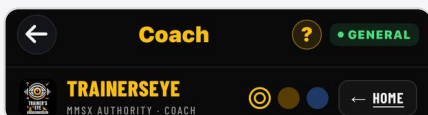
Daily Check is private by default; connect a coach by secure invitation or send a one-time weekly report.

Three plates, three questions

Force, position and trend — what the coach is reading, shown as plates you can study.

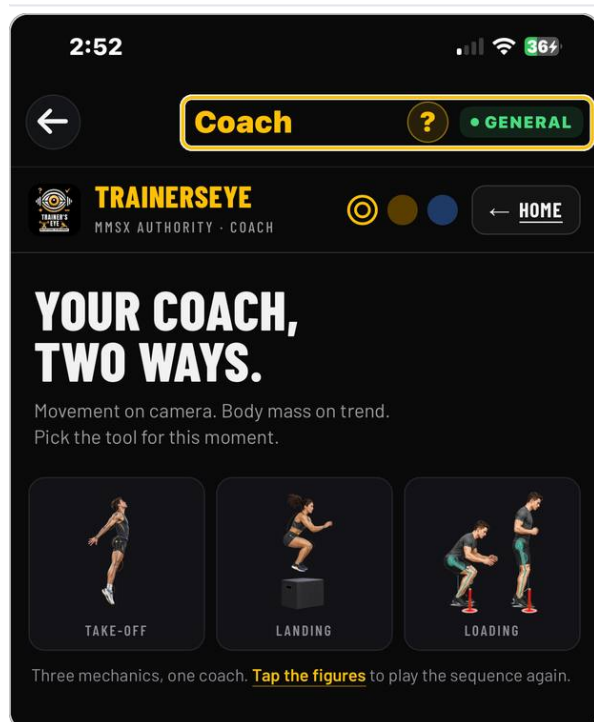
Where to find it

Open the TrainersEye app, go to the Dashboard and tap Coach. It is part of the General plan, so every subscriber can use it.



This guide in thirteen steps

- 1 Open the tool
- 2 Pick the tool for this moment
- 3 Look, theme and Home
- 4 Open Live Coach
- 5 Exercise, side, speech and voice
- 6 Activate the camera
- 7 Move — score, skeleton and cues
- 8 Language and status
- 9 Open Daily Weight Check
- 10 Today and Trend
- 11 Your TE-DWC-01 card
- 12 Share with your coach
- 13 Unit, phase and target



PART 1 · GETTING STARTED

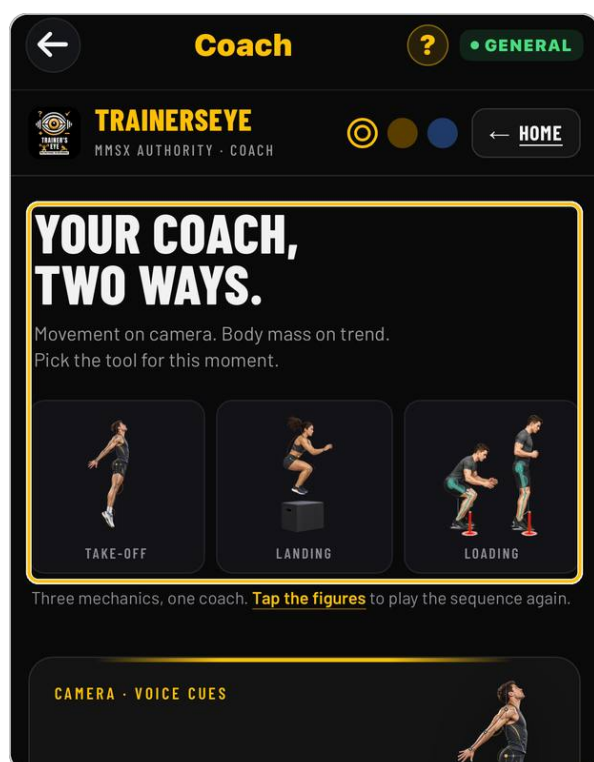
STEP 1

Open the tool

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

TIP

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



PART 1 · GETTING STARTED

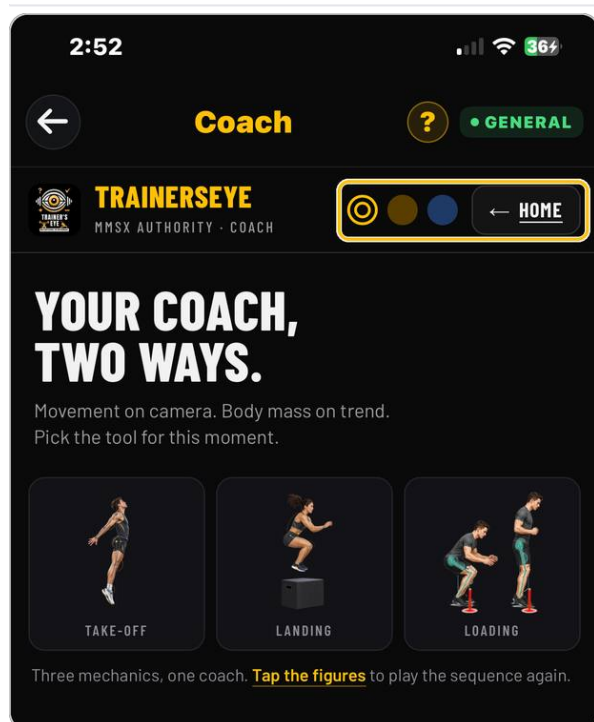
STEP 2

Pick the tool for this moment

Your coach, two ways: Live Coach watches movement on camera; Daily Weight Check reads body mass on trend. Tap the three figures — take-off, landing, loading — to play the mechanics sequence again.

TIP

Movement question today? Live Coach. Body-mass question this week? Daily Check.



PART 1 · GETTING STARTED

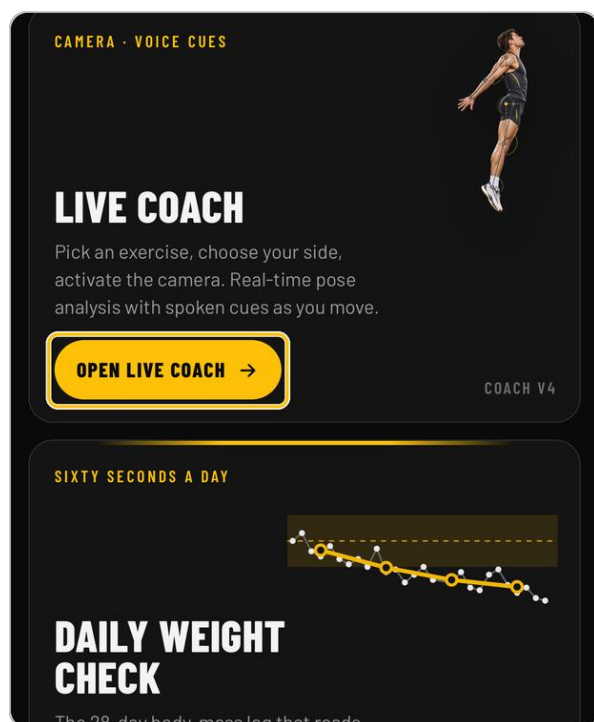
STEP 3

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.

TIP

Pick the look that reads best in your gym light before you switch the camera on.



PART 2 · LIVE COACH

STEP 4

Open Live Coach

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

TIP

Stand the phone where it can see your whole body, then come back to the panel.



PART 2 · LIVE COACH

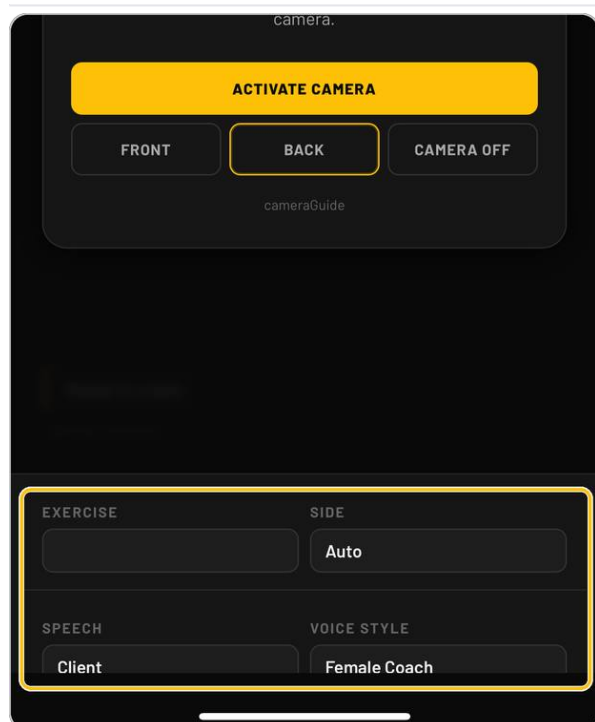
STEP 5

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. Test Voice plays a sample.

TIP

Choose the side the camera actually sees; Auto works when you face the phone square on.



PART 2 · LIVE COACH

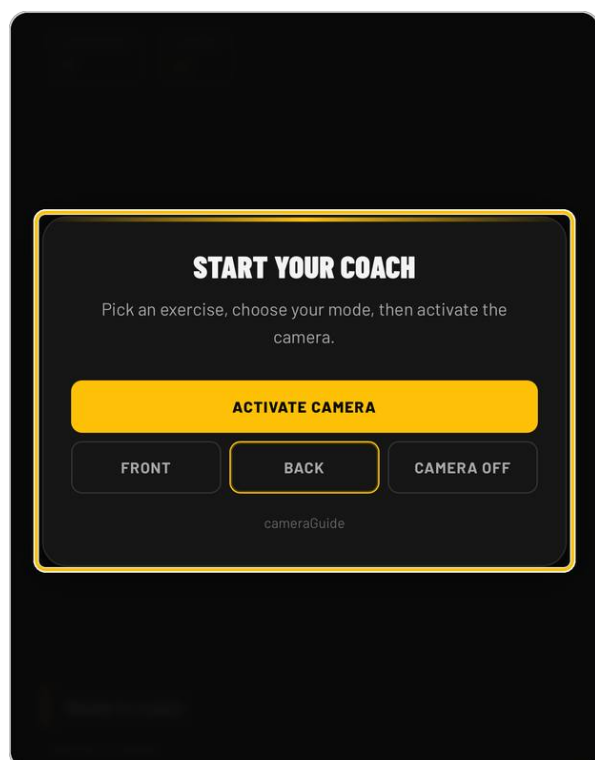
STEP 6

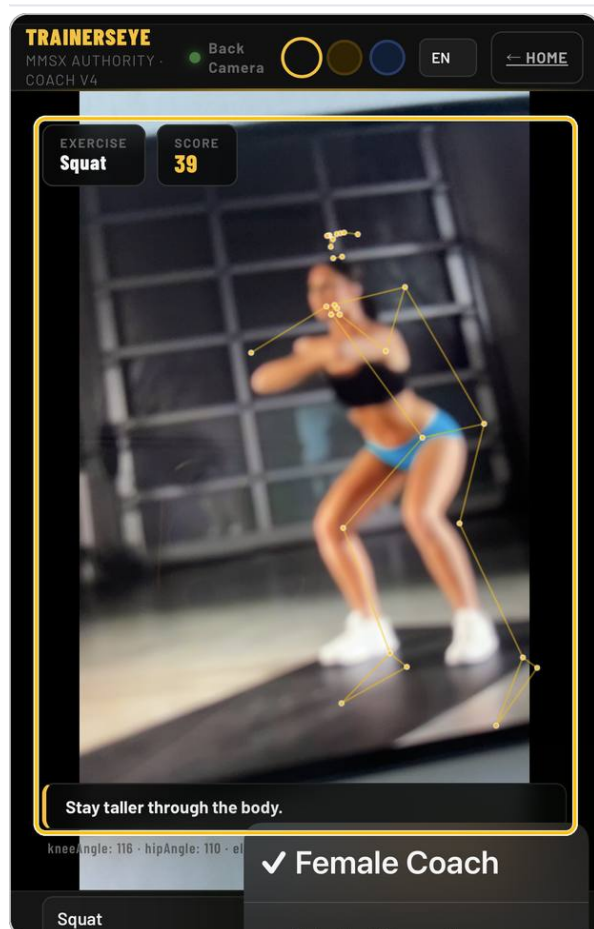
Activate the camera

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

TIP

Allow camera access when the phone asks; the camera status shows in the header.





PART 2 · LIVE COACH

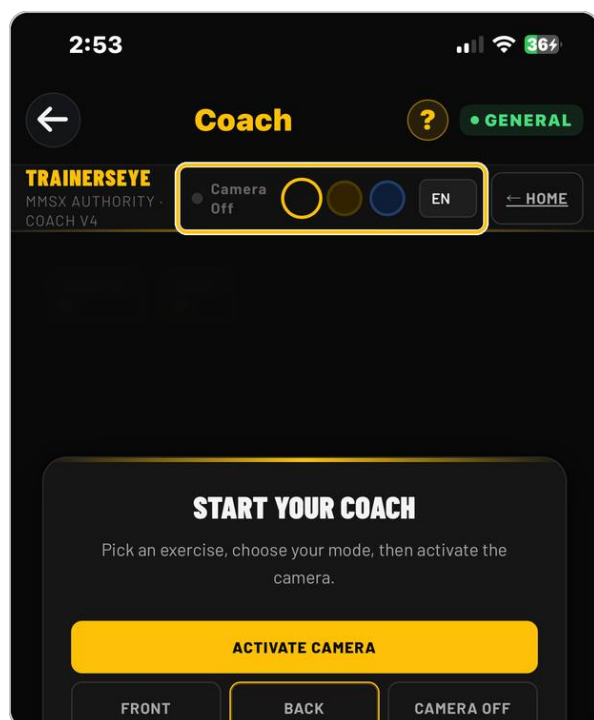
STEP 7

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. Joint angles read below the picture.

TIP

A low score is information, not a verdict: fix the one cue you hear, then repeat.



PART 2 · LIVE COACH

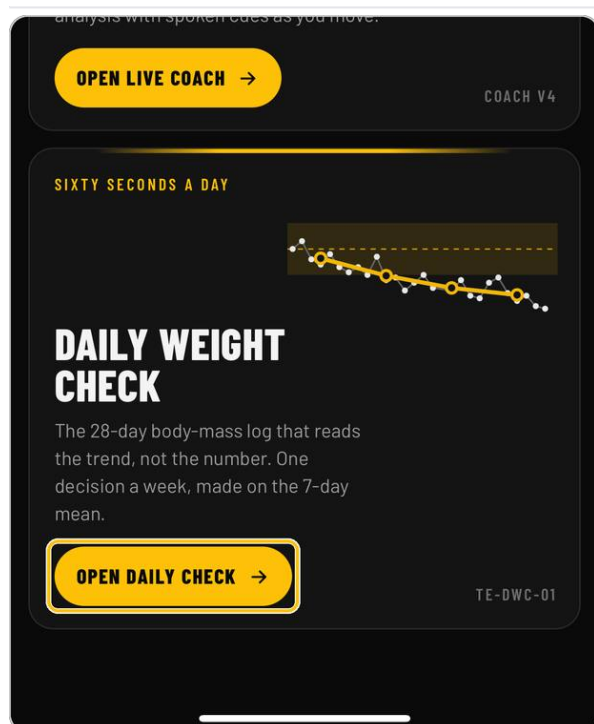
STEP 8

Language and status

The header shows the camera status, the look and the language. Tap EN to switch the coach to Hindi, Spanish or Arabic.

TIP

Cues follow the language you choose, so the spoken voice changes with it.



PART 3 · DAILY WEIGHT CHECK

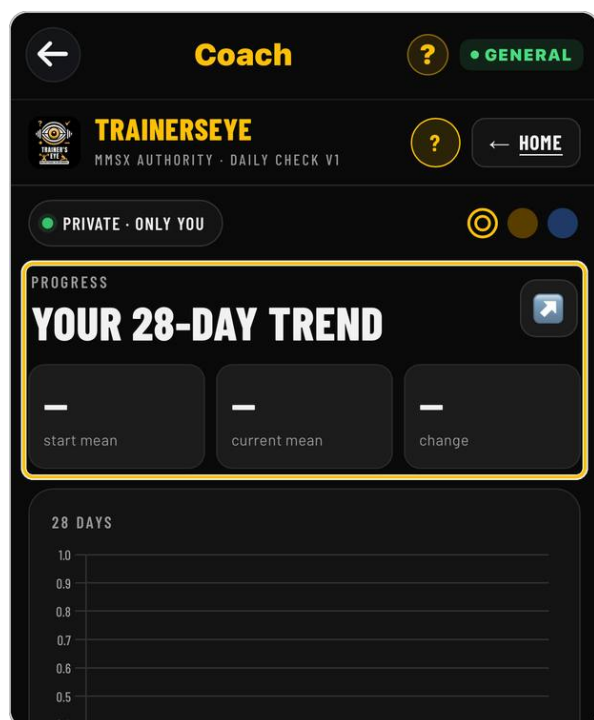
STEP 9

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.

TIP

Weigh at the same time each morning, before food and after the bathroom, for a clean trend.



PART 3 · DAILY WEIGHT CHECK

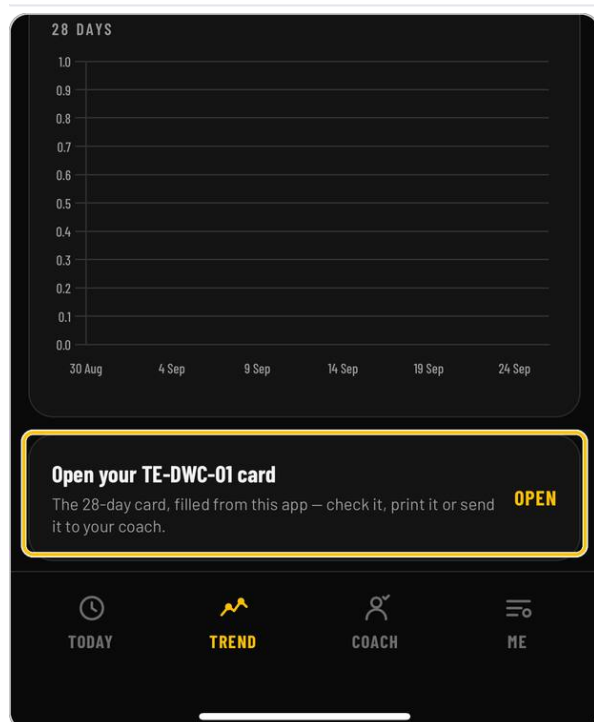
STEP 10

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.

TIP

Watch the weekly means, not the daily dots — one reading decides nothing.



PART 3 · DAILY WEIGHT CHECK

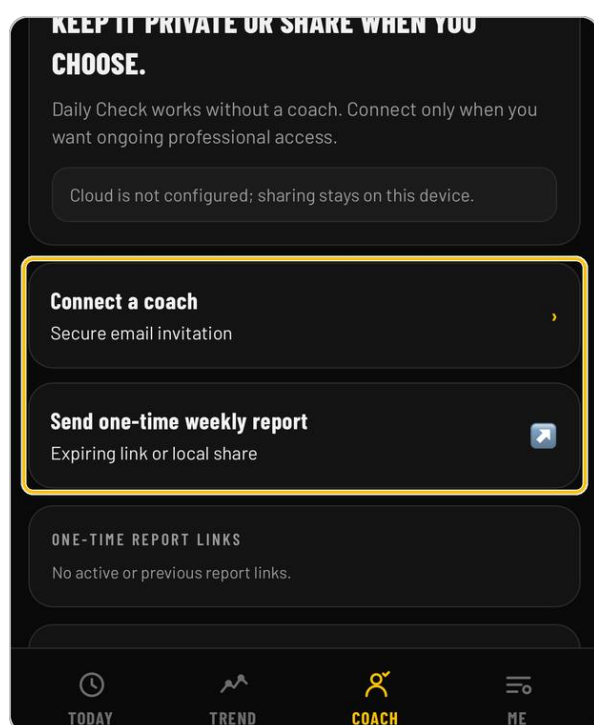
STEP **11**

Your TE-DWC-01 card

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

TIP

The card is the same one your coach uses on paper, so nothing is lost between app and clinic.



PART 3 · DAILY WEIGHT CHECK

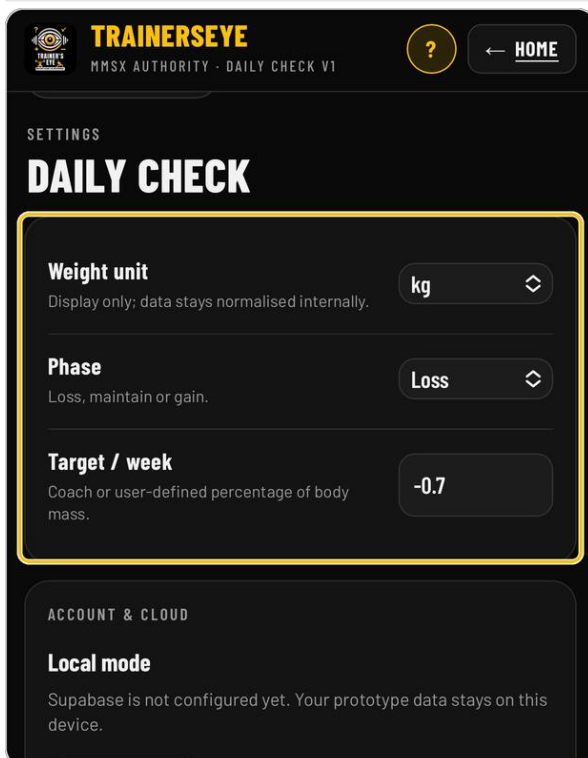
STEP **12**

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.

TIP

Until you connect a coach, sharing stays on your phone.



PART 4 · SETTINGS

STEP 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. Daily motivation reminders live here too.

TIP

A target of -0.5 to -1.0 % a week is the usual fat-loss band; your coach can set it for you.



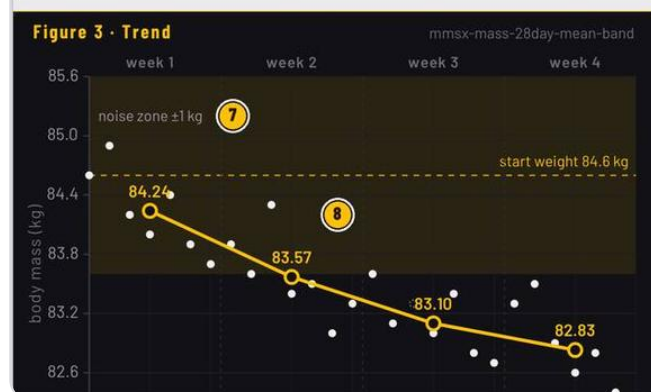
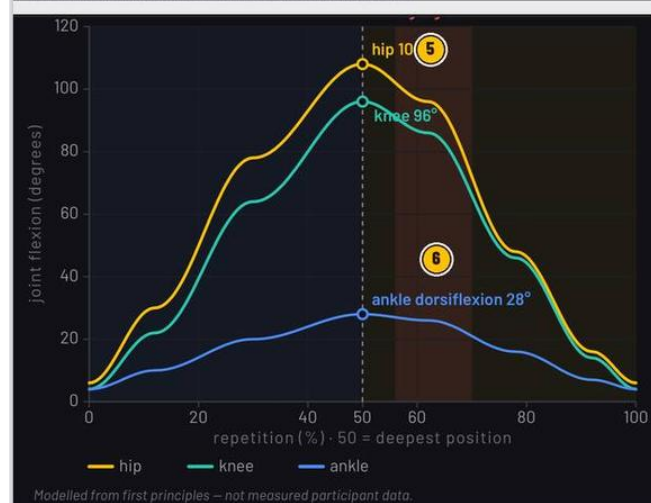
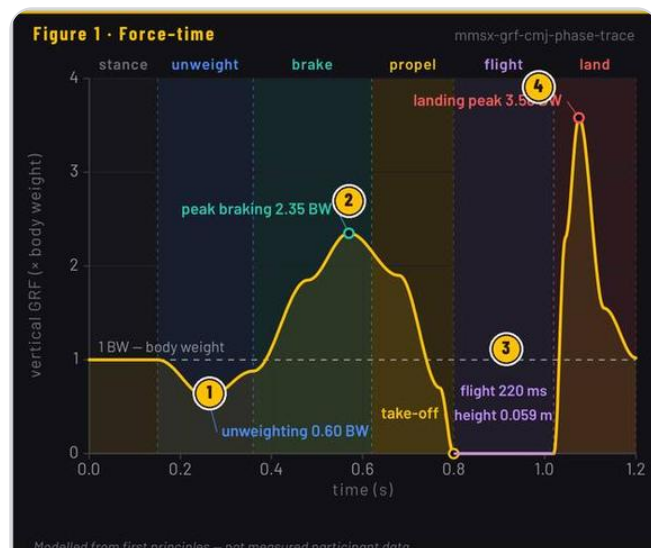
You're ready

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



What the coach is reading

Three plates, three questions – force, position and trend. Modelled from first principles, not measured participant data.



- 1 Unweighting**
Force drops to 0.60 BW as the body is dropped.
- 2 Peak braking**
2.35 BW to stop the drop – the propulsive push is what is left above body weight.
- 3 Flight**
Take-off, then 220 ms in the air for 0.059 m.
- 4 Landing peak**
3.58 BW in under 60 ms – the expensive part, and why the coach watches the landing.
- 5 Joint flexion**
Hip 108°, knee 96°, ankle 28° at the deepest point – the ankle most often limits depth.
- 6 Sticking region**
The shaded band on the way up, where extensor demand peaks and form breaks first.
- 7 Noise zone**
 ± 1 kg around the start weight – daily readings live here; ignore them.
- 8 Weekly means**
The 7-day mean, week by week – the only line that decides anything.



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

COACH IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

Coach V4 · Daily Check V1 · Backed by MMSx Authority Institute

Movement cues and weight trends are guidance, not medical advice. Stop at pain; talk to your coach or physician before changing a phase or target.