



QUICK CARD

MoPro AI

How it works – one page

MoPro AI is the movement-professional intelligence inside TrainersEye.

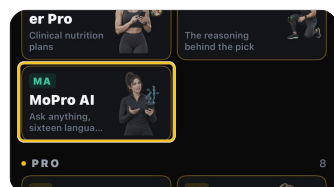
TrainersEye app → Dashboard → MoPro AI · General plan

GETTING STARTED

ASK

READ THE ANSWER

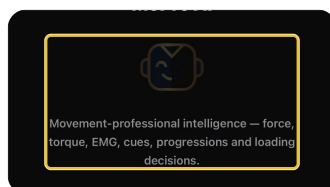
CHATS AND LIMITS



1

Open the tool

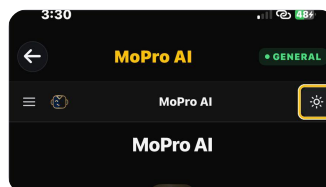
From the Dashboard, tap MoPro AI – the card that says Ask anything, sixteen languages.



2

Meet MoPro AI

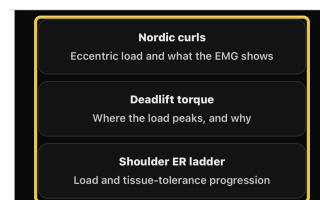
The landing shows what MoPro is for: movement-professional intelligence – force, torque, EMG, cues, progressions and loading decisions.



3

Light or dark

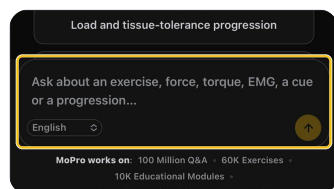
Tap the sun at the top right to switch between the light and dark look.



4

Start from a suggested question

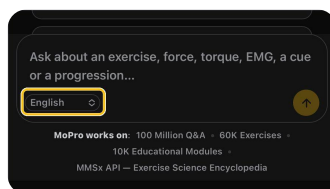
Tap one of the cards – Nordic curls, Deadlift torque, Shoulder ER ladder and more – to see how MoPro answers before you ask your own.



5

Ask in your own words

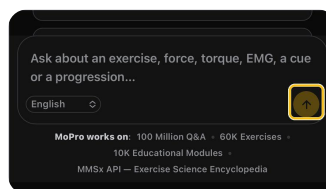
Type in the box: an exercise, a force, a torque, an EMG question, a cue or a progression – the way you would ask a colleague.



6

Choose your language

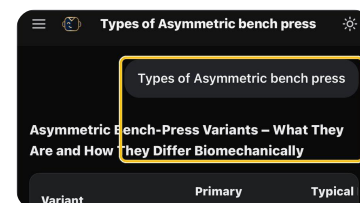
The selector in the box sets the answer language – sixteen to choose from.



7

Send and wait for the answer

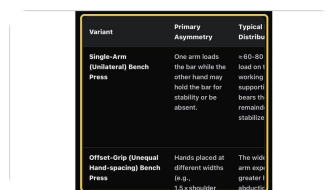
Tap the arrow. MoPro thinks, then the answer types out – a title, then the body.



8

Your question, then a structured answer

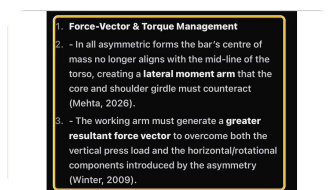
Your question sits at the top in a bubble; the answer opens with a title that states what it covers.



9

Tables and comparisons

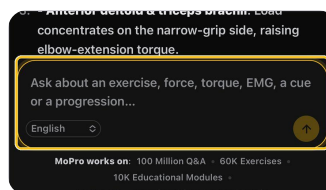
When variants or options are compared, MoPro sets them side by side – variant, what differs, and the typical load distribution.



10

Rationale with citations

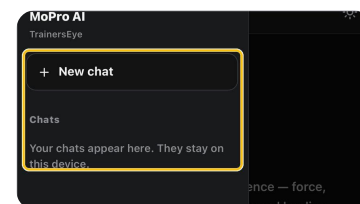
The biomechanical rationale follows, numbered, with key terms in bold and citations in brackets – Mehta, 2026; Winter, 2009.



11

Ask a follow-up

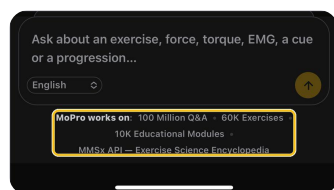
The box stays at the bottom. Ask the next question in the same chat and MoPro keeps the context.



12

New chat, your chats, back

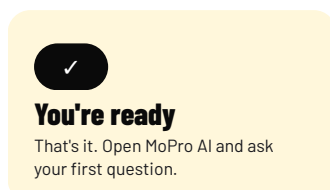
Tap the menu for New chat, the list of your chats – they stay on this device – and Back to dashboard.



13

What MoPro works on – and what it is not

The strip under the box shows what MoPro draws on: 100 million Q&A, 60K exercises, 10K educational modules and the MMSx API – Exercise Science Encyclopedia.



You're ready

That's it. Open MoPro AI and ask your first question.

IN AN ANSWER

YOUR QUESTION · ANSWER TITLE · COMPARISON TABLE · NUMBERED RATIONALE · KEY TERMS · CITATIONS · FOLLOW-UP BOX · LANGUAGE AND SEND