

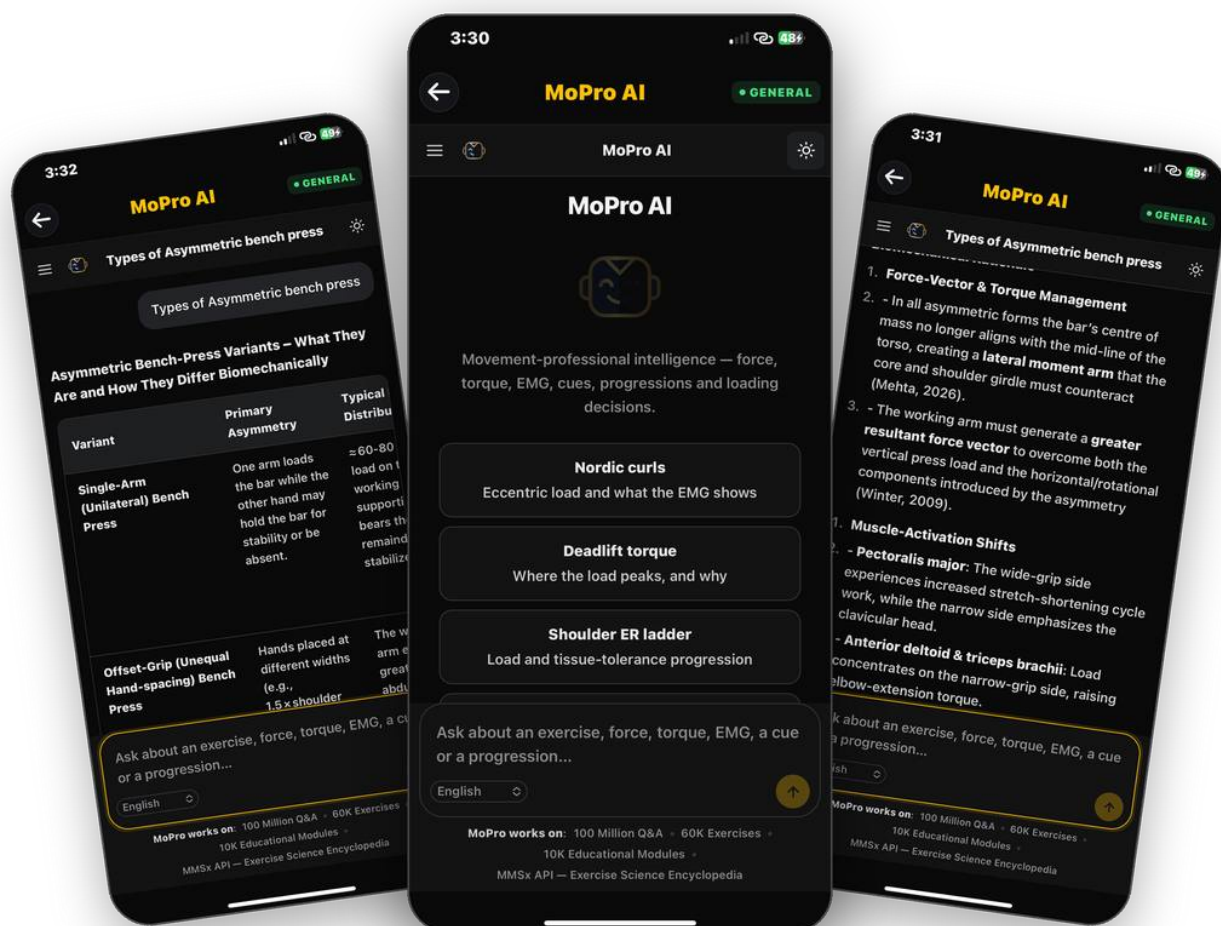


USER GUIDE

MoPro AI

Ask anything about movement — force, torque, EMG, cues, progressions and loading decisions.

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





What is MoPro AI?

MoPro AI is the movement-professional intelligence inside TrainersEye. Ask about an exercise, a force, a torque, an EMG pattern, a cue or a progression, in any of sixteen languages, and it answers like a colleague who has read the literature — structured, with the biomechanical rationale, comparison tables and citations. It draws on 100 million Q&A, 60K exercises, 10K educational modules and the MMSx API — Exercise Science Encyclopedia. Your chats stay on your phone. It is decision support for professionals; it does not diagnose.

Ask like a professional

Exercise, force, torque, EMG, cues, progressions, loading decisions — type the question the way you would ask a colleague.

Answers with the reasoning

Structured answers: the biomechanical rationale, comparison tables, key terms and citations — not a one-line reply.

Sixteen languages

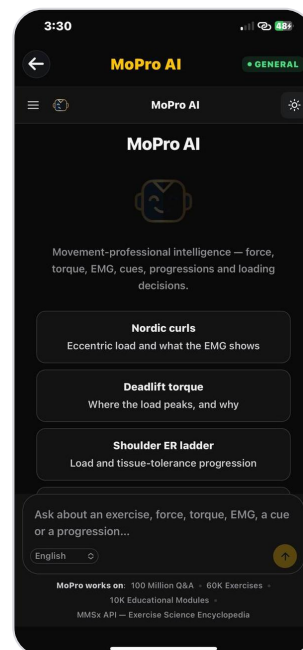
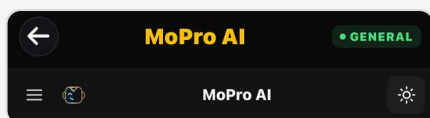
Pick the language in the box and the answer arrives in it.

Your chats, your phone

Chats stay on this device; start a new chat any time and come back to old ones from the menu.

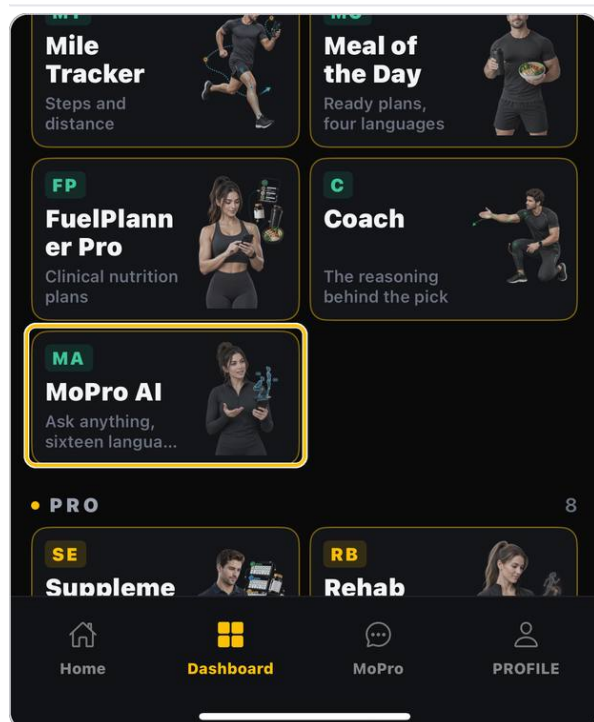
Where to find it

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



This guide in thirteen steps

- 1 Open the tool
- 2 Meet MoPro AI
- 3 Light or dark
- 4 Start from a suggested question
- 5 Ask in your own words
- 6 Choose your language
- 7 Send and wait for the answer
- 8 Your question, then a structured answer
- 9 Tables and comparisons
- 10 Rationale with citations
- 11 Ask a follow-up
- 12 New chat, your chats, back
- 13 What MoPro works on — and what it is not



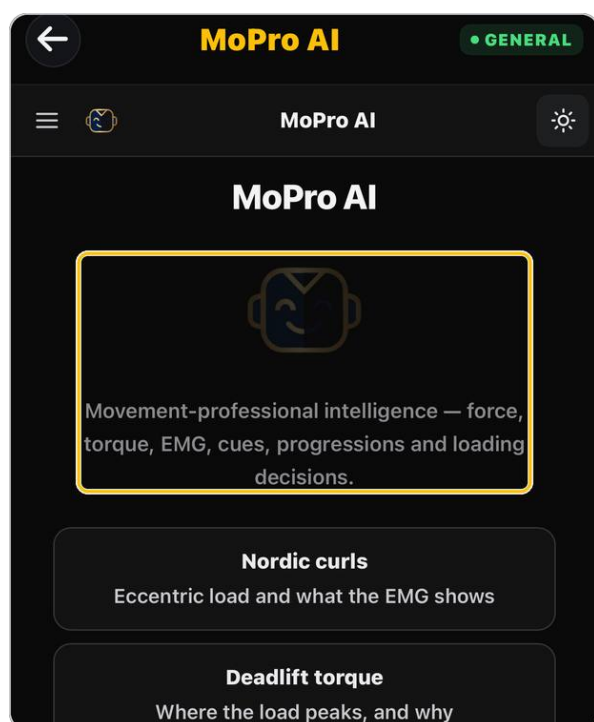
PART 1 · GETTING STARTED

STEP 1 Open the tool

From the Dashboard, tap MoPro AI — the card that says Ask anything, sixteen languages. It is part of the General plan, so every subscriber can use it.

TIP

Search tools at the top of the Dashboard finds it by name.



PART 1 · GETTING STARTED

STEP 2 Meet MoPro AI

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

TIP

Think of it as the colleague who has read the literature — ask it what you would ask them.



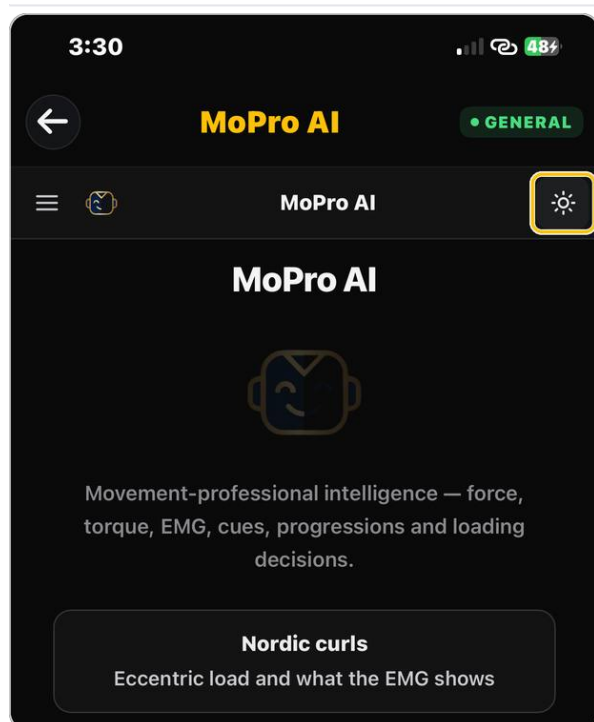
PART 1 • GETTING STARTED

STEP 3 Light or dark

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

TIP

Light reads best in daylight; dark is easier on the eyes at night.



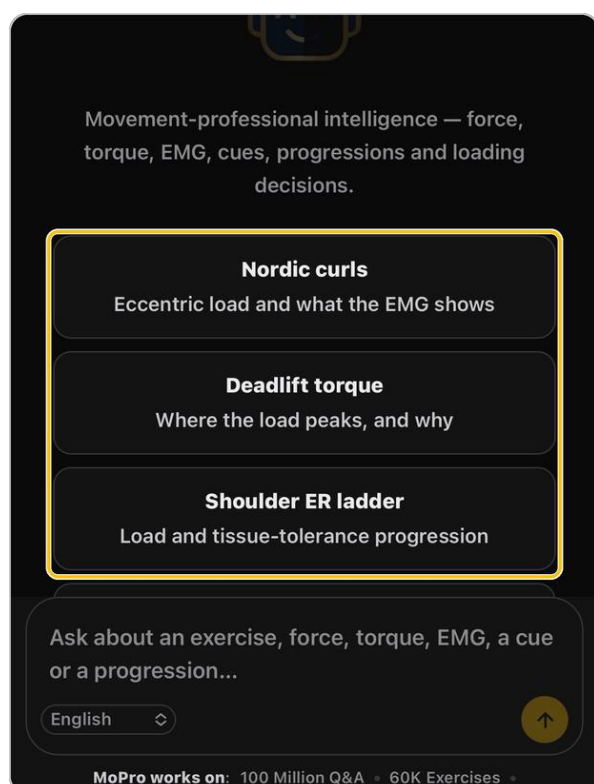
PART 2 • ASK

STEP 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.

TIP

The cards change; each one is a real question a professional has asked.





PART 2 · ASK

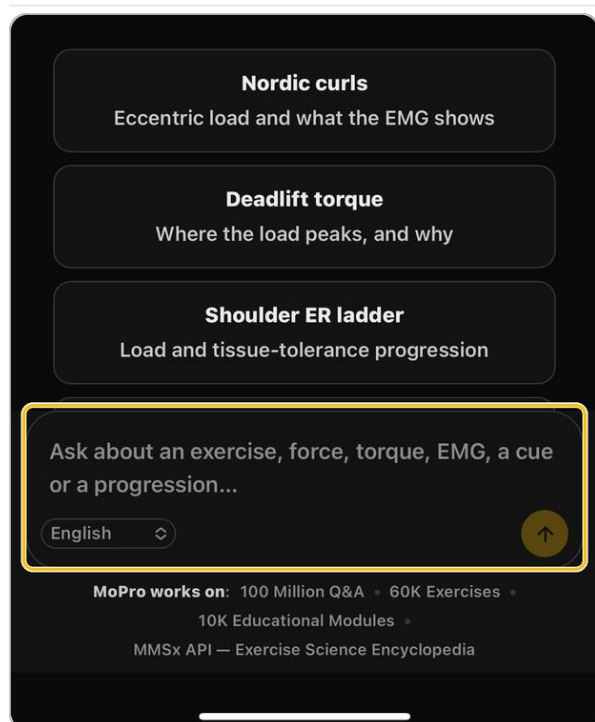
STEP **5**

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.

TIP

Name the exercise and the joint or tissue you care about, and the answer gets specific.



PART 2 · ASK

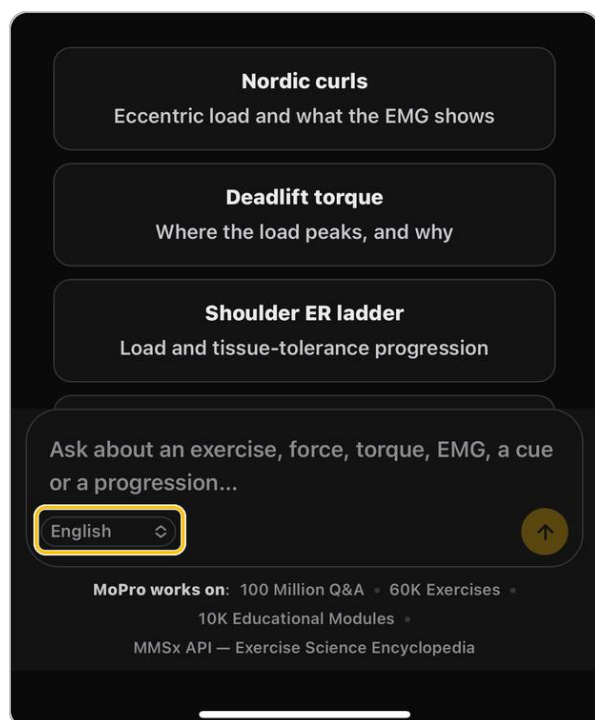
STEP **6**

Choose your language

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

TIP

Ask in one language and get the answer in another; the selector decides the answer.





PART 2 · ASK

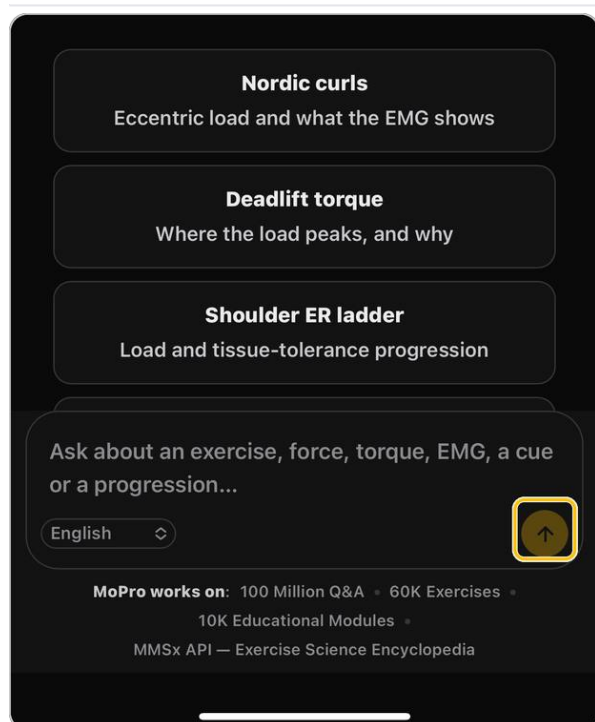
STEP **7**

Send and wait for the answer

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

TIP

Long questions take a moment longer; the answer is worth it.



PART 3 · READ THE ANSWER

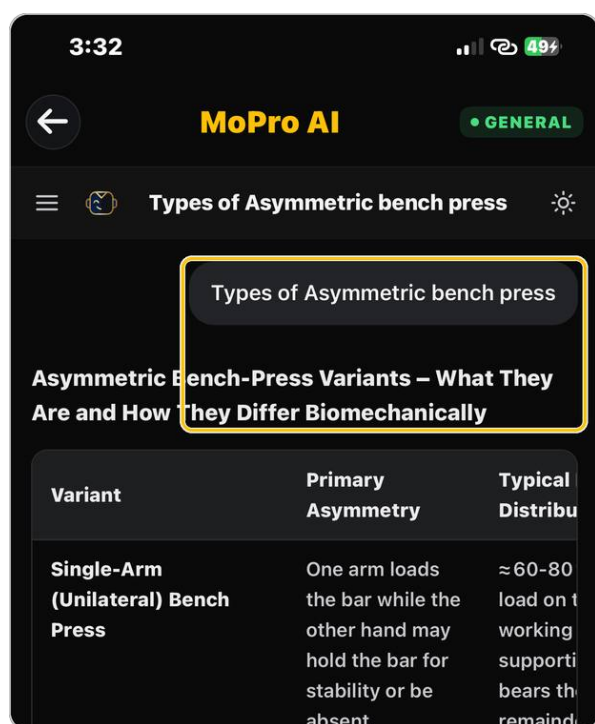
STEP **8**

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.

TIP

Read the title first – it tells you whether MoPro understood the question the way you meant it.





Types of Asymmetric bench press

Asymmetric Bench-Press Variants – What They Are and How They Differ Biomechanically

Variant	Primary Asymmetry	Typical Distribu
Single-Arm (Unilateral) Bench Press	One arm loads the bar while the other hand may hold the bar for stability or be absent.	≈ 60-80 load on t working supporti bears th remaind stabilize
Offset-Grip (Unequal Hand-spacing) Bench Press	Hands placed at different widths (e.g., 1.5 x shoulder	The wide arm expi greater l abductio

Ask about an exercise, force, torque, EMG, a cue or a progression...

English



PART 3 · READ THE ANSWER

STEP 9

Tables and comparisons

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

TIP

Tables scroll sideways on a phone; turn the phone or scroll to see every column.

PART 3 · READ THE ANSWER

STEP 10

Rationale with citations

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

TIP

Citations point to the MMSx module bank and the classic biomechanics texts, so you can check the claim.

←

MoPro AI

• GENERAL

☰

Types of Asymmetric bench press

☀

1. Force-Vector & Torque Management

2. - In all asymmetric forms the bar's centre of mass no longer aligns with the mid-line of the torso, creating a **lateral moment arm** that the core and shoulder girdle must counteract (Mehta, 2026).

3. - The working arm must generate a **greater resultant force vector** to overcome both the vertical press load and the horizontal/rotational components introduced by the asymmetry (Winter, 2009).

1. Muscle-Activation Shifts

2. - **Pectoralis major**: The wide-grip side experiences increased stretch-shortening cycle work, while the narrow side emphasizes the



vertical press load and the horizontal/rotational components introduced by the asymmetry (Winter, 2009).

1. **Muscle-Activation Shifts**
2. - **Pectoralis major:** The wide-grip side experiences increased stretch-shortening cycle work, while the narrow side emphasizes the clavicular head.
3. - **Anterior deltoid & triceps brachii:** Load concentrates on the narrow-grip side, raising elbow-extension torque.

Ask about an exercise, force, torque, EMG, a cue or a progression...

English



MoPro works on: 100 Million Q&A • 60K Exercises •
10K Educational Modules •
MMSx API — Exercise Science Encyclopedia

PART 3 · READ THE ANSWER

STEP **11**

Ask a follow-up

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

TIP

Follow-ups like 'and for a beginner?' or 'give me a progression' work because the chat remembers.

PART 4 · CHATS AND LIMITS

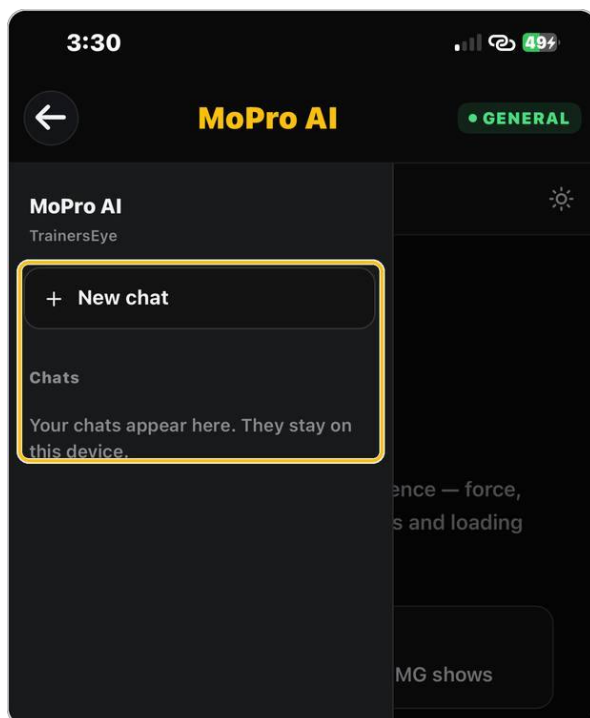
STEP **12**

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.

TIP

One chat per client or per topic keeps the context clean.





PART 4 · CHATS AND LIMITS

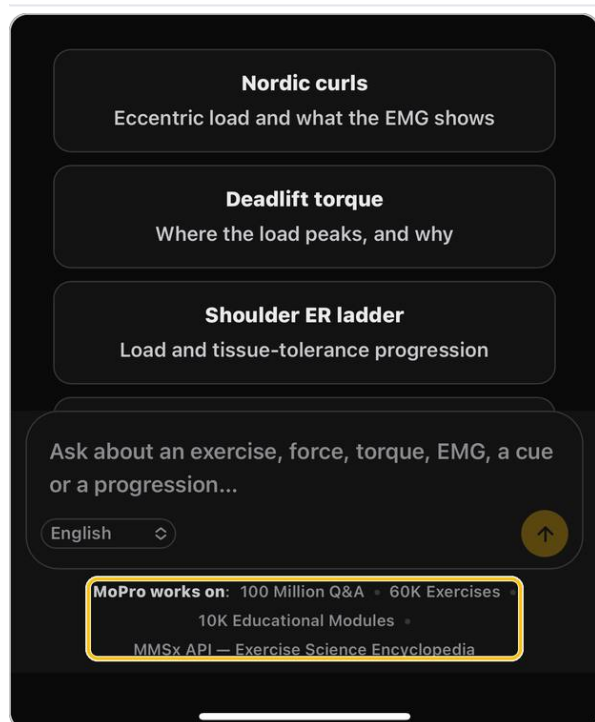
STEP **13**

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. It is decision support for professionals: it does not diagnose.

TIP

Bring the answer to your own judgement and, for a client with symptoms, to a clinician.



You're ready

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



Reading an answer

Every answer has the same shape. Here is what each part is.

1
Types of Asymmetric bench press

Asymmetric Bench-Press Variants – What They Are and How They Differ Biomechanically

Variant	Primary Asymmetry	Typical Distribution
Single-Arm (Unilateral) Bench Press	One arm loads the bar while the other hand may hold the bar for stability or be absent.	≈ 60-80% load on the working arm; supporting arm bears the remainder.

1. **Force-Vector & Torque Management**

2. - In all asymmetric forms the bar's centre of mass no longer aligns with the mid-line of the torso, creating a **lateral moment arm** that the core and shoulder girdle must counteract (Mehta, 2026).

3. - The working arm must generate a **greater resultant force vector** to overcome both the vertical press load and the horizontal/rotational components introduced by the asymmetry (Winter, 2009).

Ask about an exercise, force, torque, EMG, a cue or a progression...

English

- Your question**
Sits at the top in a bubble; the chat title takes its words.
- Answer title**
What the answer covers – check it matches what you meant.
- Comparison table**
Variants side by side: what differs and the typical load distribution.
- Numbered rationale**
The biomechanics, in order – force vectors, torque, muscle activation.
- Key terms**
In bold – the words that carry the mechanics.
- Citations**
In brackets – MMSx modules and the classic texts.
- Follow-up box**
Ask the next question in the same chat; MoPro keeps the context.
- Language and send**
Choose the answer language, then tap the arrow.



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

MOPRO AI IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

MoPro AI · Backed by MMSx Authority Institute

Decision-support only. MoPro AI does not diagnose. Bring every answer to your own professional judgement, and refer clients with symptoms to a clinician.