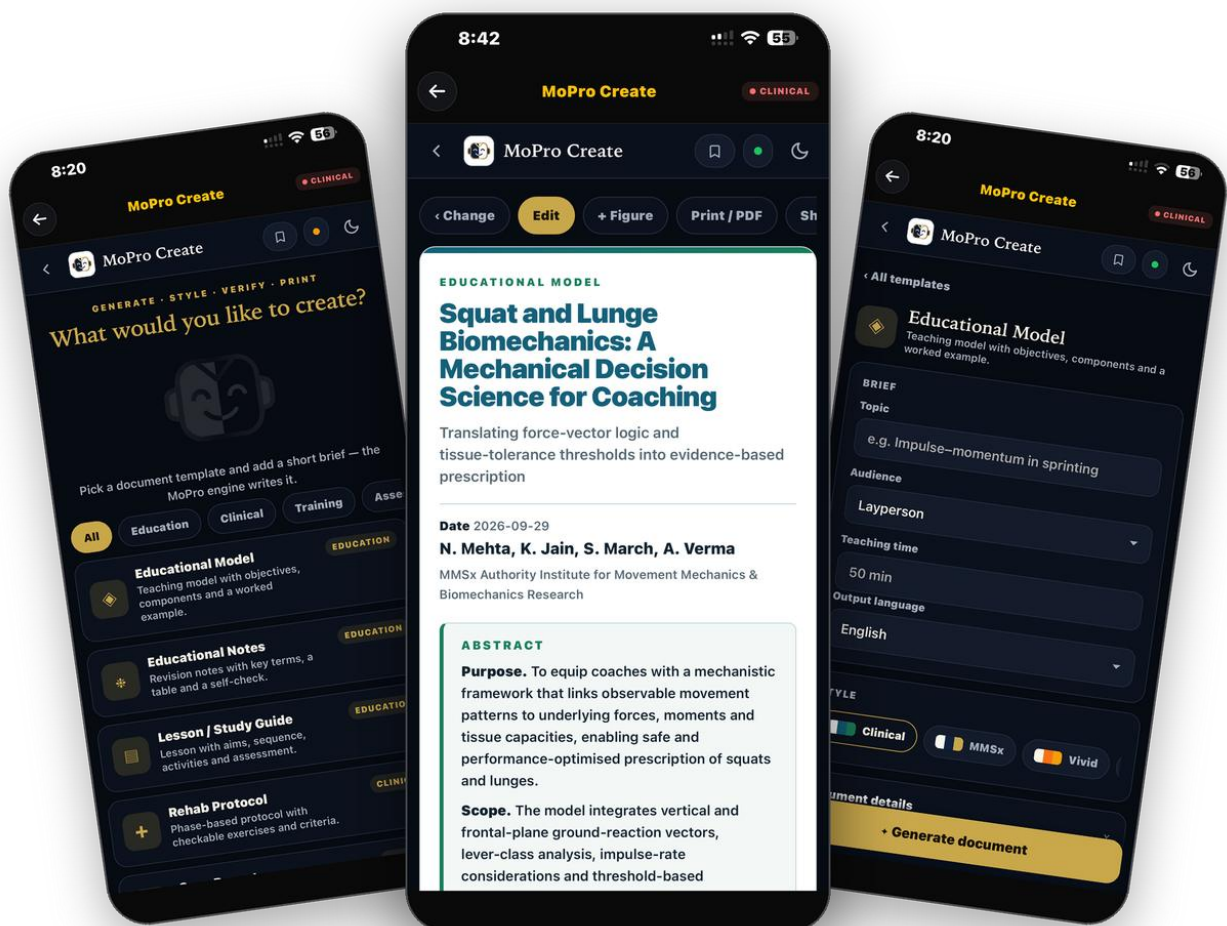


USER GUIDE

MoPro Create

Twelve document templates, a short brief, a style – and the MoPro engine writes the document, ready to edit, print or share.

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



What is MoPro Create?

MoPro Create is the TrainersEye document engine. Pick one of twelve templates across five categories – education, clinical, training, assessment and research – add a short brief (topic, audience from layperson to PhD, teaching time and output language), choose a style, fill in the document details, and the MoPro engine writes the document: a structured head, abstract, keywords, learning objectives, body sections with worked numbers in clinical units, figures from the TrainersEye exercise library, key points and numbered references. Then edit it, add figures, print it to an A4 PDF or share it, in any of twelve output languages. Every document is a generated draft for a qualified author to verify before use.

Twelve templates, five categories

Educational model, notes and lesson; rehab protocol, case report and prescription; exercise session, exercise prescription and training block; MCQ and long-answer exams; IMRAD article.

A brief, not a prompt

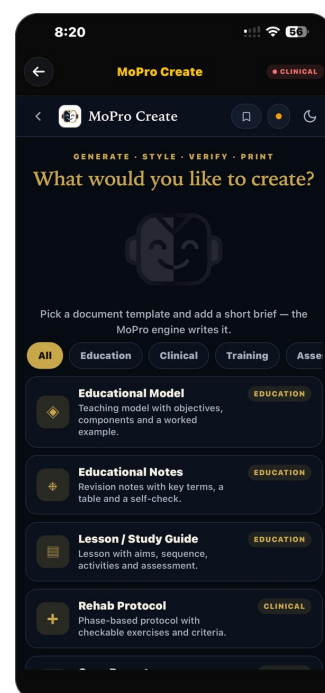
Topic, audience – Layperson, Coach, Clinician, MSc or PhD – teaching time and output language. The engine does the writing.

Styled and detailed

Clinical, MMSx or Vivid style; document title, author line, document number, date and an optional MMSx exercise ID.

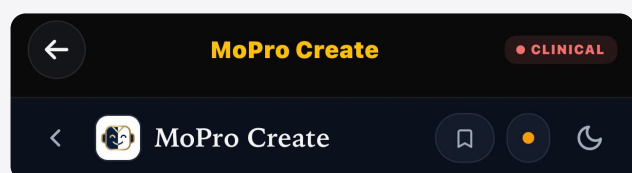
Generate · Style · Verify · Print

Edit the text, add figures from the exercise library, print to A4 PDF or share from the phone.



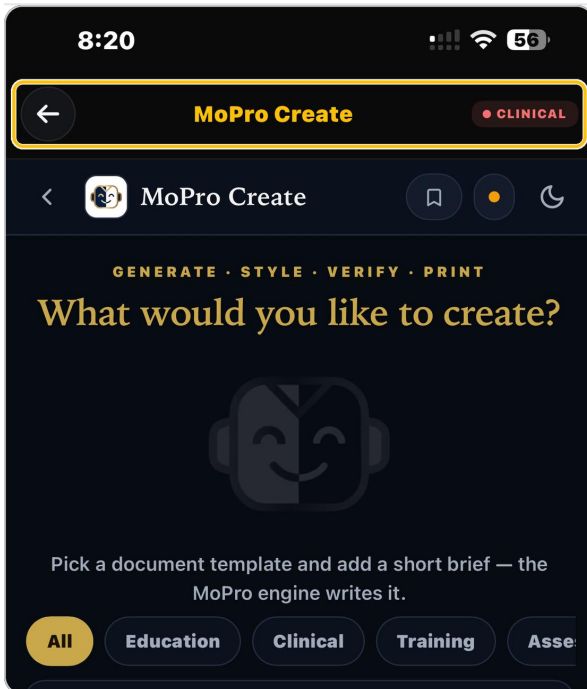
Where to find it

Open the TrainersEye app, go to the Dashboard and tap MoPro Create. It is a Clinical-plan tool – the CLINICAL badge sits beside the title.



This guide in thirteen steps

- 1 Open the tool
- 2 Pick a category
- 3 Choose a template
- 4 Write the brief
- 5 Set the audience
- 6 Choose the output language
- 7 Pick a style
- 8 Add the document details
- 9 Generate the document
- 10 Read the document
- 11 Figures and key points
- 12 Edit and references
- 13 Print, PDF or share



PART 1 · GETTING STARTED

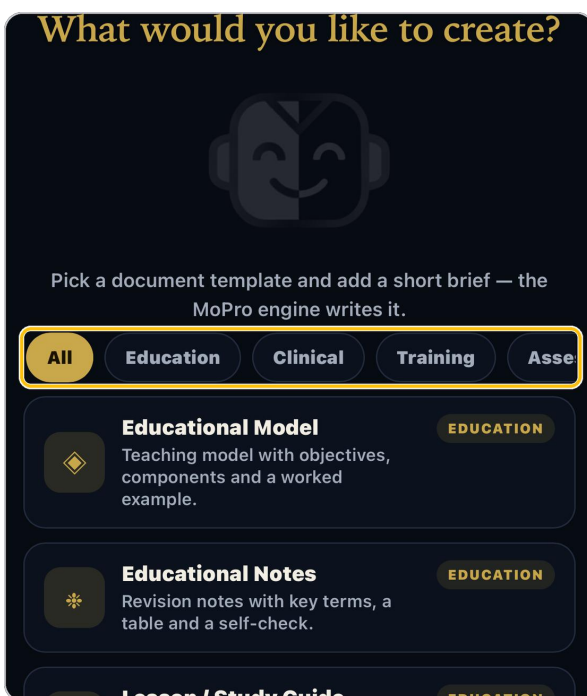
STEP 1

Open the tool

From the Dashboard, tap MoPro Create. It is a Clinical-plan tool — the CLINICAL badge sits beside the title. The tool's own bar carries the MoPro mark, a bookmark, the engine status dot and the dark/light switch.

TIP

The status dot turns green once the MoPro engine is connected; the back chevron returns you to the template list.



PART 1 · GETTING STARTED

STEP 2

Pick a category

The flow is Generate · Style · Verify · Print. Under What would you like to create?, filter the templates with the category pills — All, Education, Clinical, Training, Assessment and Research — or scroll the full list.

TIP

Every card names its category on the right, so All is quick to scan.

PART 1 · GETTING STARTED

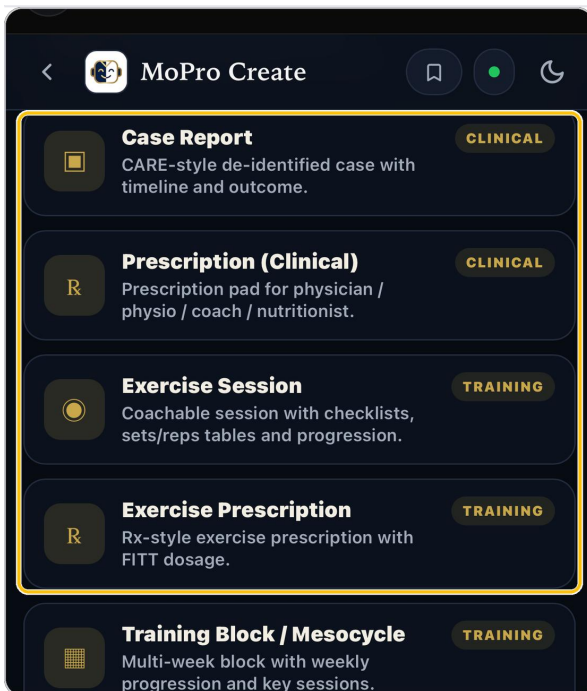
STEP 3

Choose a template

Twelve templates: Educational Model, Educational Notes and Lesson / Study Guide; Rehab Protocol, Case Report and Prescription (Clinical); Exercise Session, Exercise Prescription and Training Block / Mesocycle; Exam – MCQ and Exam – Long Answer; Journal Article (IMRAD). Each card says what the document contains. Tap one to open its brief.

TIP

Case Report follows the CARE style and is de-identified; Journal Article follows IMRAD with a structured abstract.



PART 2 · BRIEF AND STYLE

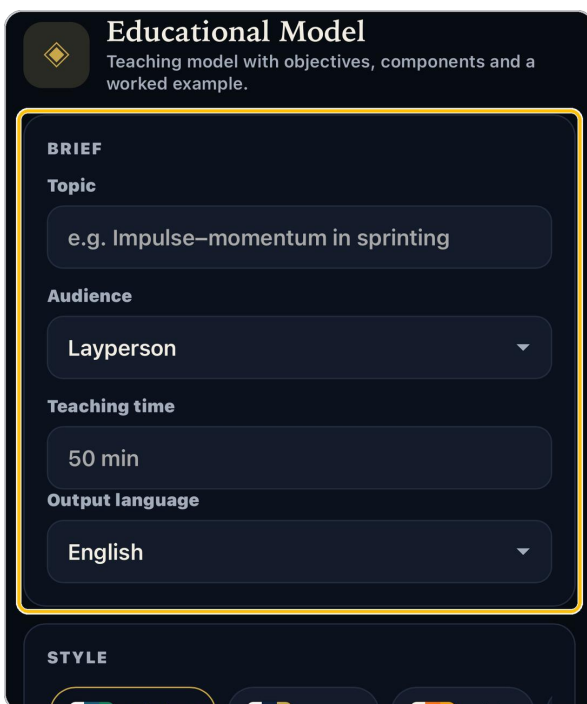
STEP 4

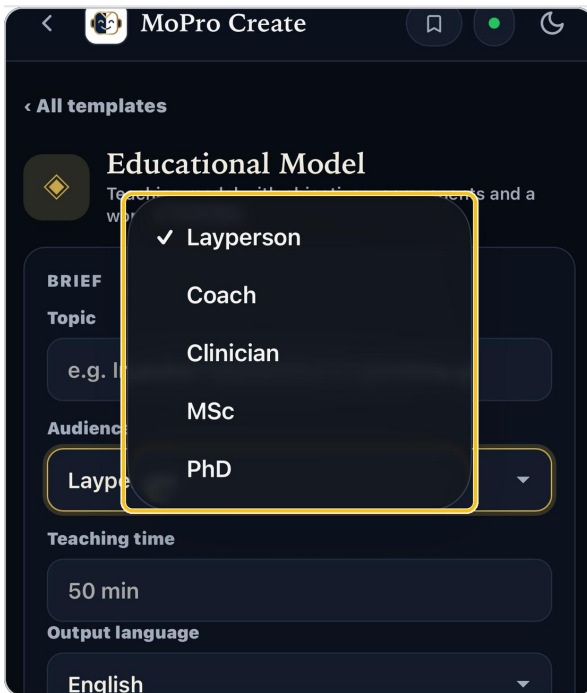
Write the brief

Type the topic – Impulse-momentum in sprinting, for example – then set the audience, the teaching time and the output language. That is the whole brief; the engine does the writing.

TIP

A specific topic gets a specific document: name the movement, the population and the decision you want the reader to make.



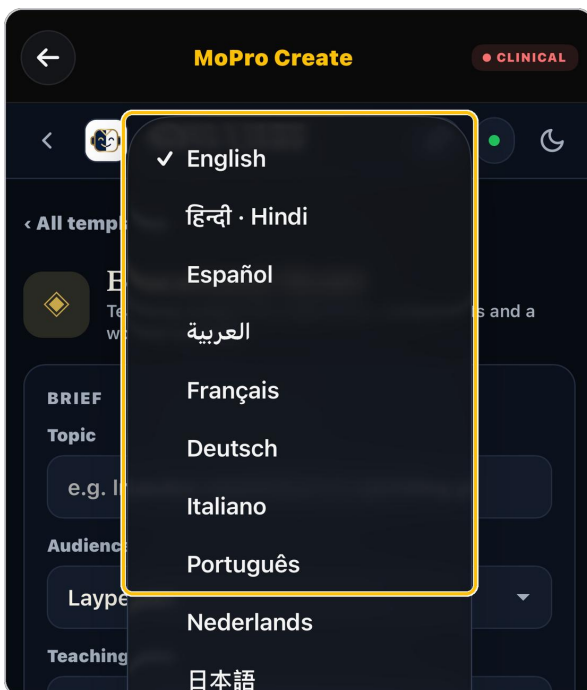

PART 2 · BRIEF AND STYLE

STEP 5 Set the audience

Audience sets the depth and the vocabulary of the document: Layperson, Coach, Clinician, MSc or PhD.

TIP

The same topic at Layperson and at PhD are two different documents — choose the reader, not the author.


PART 2 · BRIEF AND STYLE

STEP 6 Choose the output language

Output language offers twelve: English, Hindi, Spanish, Arabic, French, German, Italian, Portuguese, Dutch, Japanese, Korean and Chinese. The document is written in the language you pick.

TIP

Twelve covers the TrainersEye four plus French, German, Italian, Portuguese, Dutch, Japanese, Korean and Chinese.

PART 2 · BRIEF AND STYLE

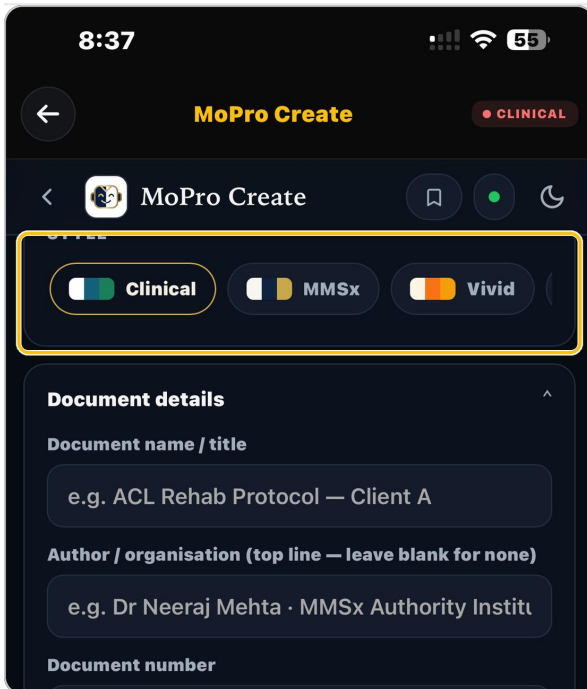
STEP 7

Pick a style

Style sets the look of the finished document — Clinical (white, navy and green), MMSx (cream, navy and gold), Vivid (cream, orange and amber) and more along the row. The swatch on each chip previews its palette.

TIP

Scroll the row sideways for the styles beyond Vivid.



8:37

MoPro Create

CLINICAL

MoPro Create

Clinical MMSx Vivid

Document details

Document name / title

e.g. ACL Rehab Protocol — Client A

Author / organisation (top line — leave blank for none)

e.g. Dr Neeraj Mehta · MMSx Authority Institi

Document number

PART 2 · BRIEF AND STYLE

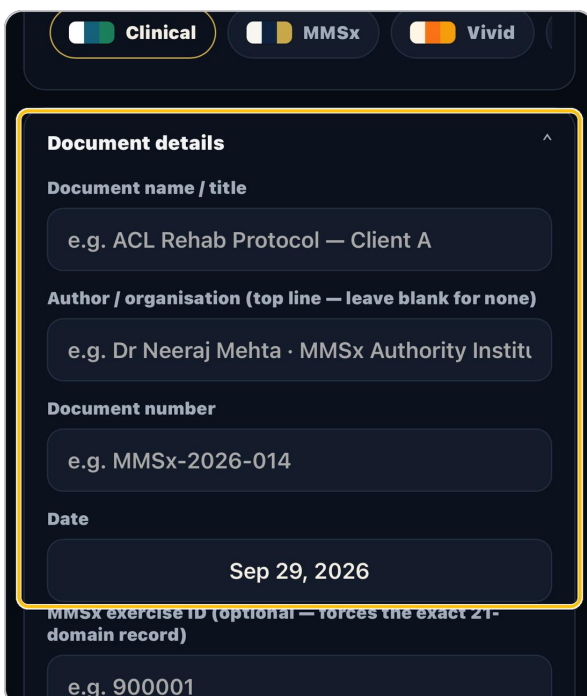
STEP 8

Add the document details

Document details holds the printed head: document name / title, author / organisation (the top line — leave blank for none), document number, date, and an optional MMSx exercise ID, which forces the exact 21-domain record for that exercise. Branding & options sits below it.

TIP

A document number such as MMSx-2026-014 makes every printed copy traceable.



Clinical MMSx Vivid

Document details

Document name / title

e.g. ACL Rehab Protocol — Client A

Author / organisation (top line — leave blank for none)

e.g. Dr Neeraj Mehta · MMSx Authority Institi

Document number

e.g. MMSx-2026-014

Date

Sep 29, 2026

MMSx exercise ID (optional — forces the exact 21-domain record)

e.g. 900001

PART 3 · GENERATE AND REFINE

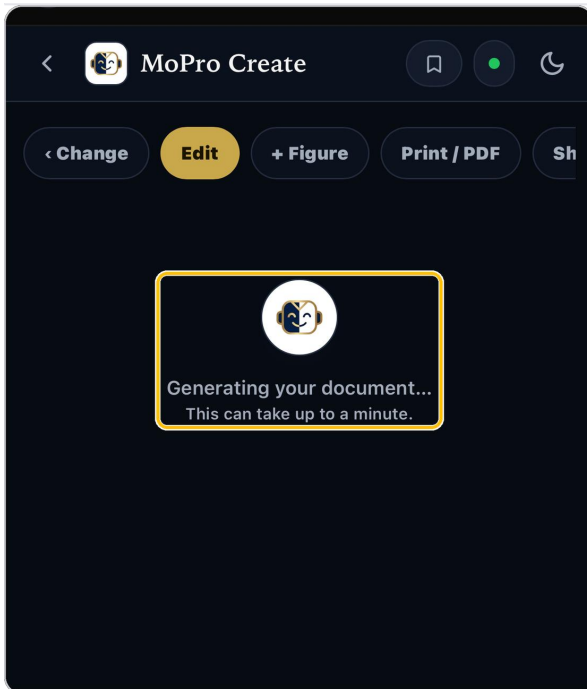
STEP 9

Generate the document

Tap ✦ Generate document. The engine writes it – this can take up to a minute – and the bar changes to < Change, Edit, + Figure, Print / PDF and Share.

TIP

< Change takes you back to the brief when the result is not what you meant.



PART 3 · GENERATE AND REFINE

STEP 10

Read the document

The document opens in the chosen style with a structured head – template label, title, subtitle, date, authors and affiliation – then the abstract (Purpose, Scope, Application), keywords, numbered learning objectives and the body sections, with worked numbers in clinical units.

TIP

Read it as a draft: check every number, name and claim before it leaves the phone.



dominate the mechanical workload in deep squats.

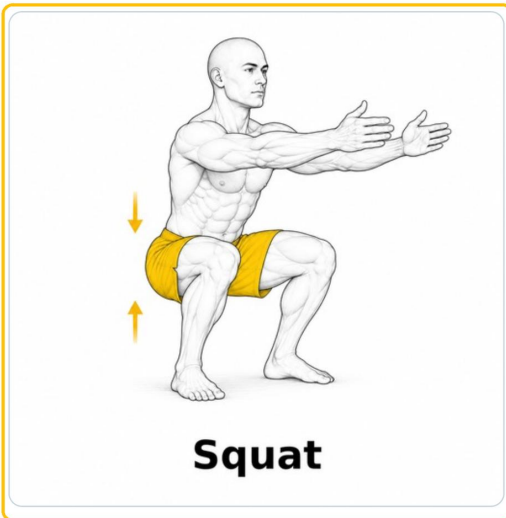


Figure 1. Squat — photographic reference for the movement discussed in this document.
TrainersEye exercise library · MMSx Authority

PART 3 · GENERATE AND REFINE

STEP **11**

Figures and key points

+ Figure inserts a figure from the TrainersEye exercise library — the movement discussed, with a numbered caption and its credit line. Key points are called out in boxes with the term highlighted.

TIP

The caption names the movement; make sure it matches the one the section discusses.

the same torque pattern, thereby reducing overuse risk and fostering balanced adaptation.

§ References

1. Winter, D. A. (2009). Biomechanics and Motor Control of Human Movement. Wiley.
2. Neumann, D. A. (2020). Kinesiology of the Musculoskeletal System: Foundations for Physical Therapy. Elsevier.
3. McGill, S. M. (2010). Core Training: Evidence Translating to Practice. Strength & Conditioning Journal, 32(3), 33–46.
4. Zatsiorsky, V. M., & Kraemer, W. J. (2006). Science and Practice of Strength Training. Human Kinetics.
5. Escamilla, R. F. (2001). Knee Biomechanics of the Squat and Leg Press. Medicine & Science in Sports & Exercise, 33(6), 1272–1277.
6. Schoenfeld, B. J. (2010). The Mechanisms of Muscle Hypertrophy and Their Application to Resistance Training. Journal of Strength and Conditioning

PART 3 · GENERATE AND REFINE

STEP **12**

Edit and references

Edit is the working view: amend the text in place. Every document ends with numbered references, and < Change returns you to the brief to generate again.

TIP

References are generated with the document — verify each one against its source before citing it.

PART 4 · PRINT AND SHARE

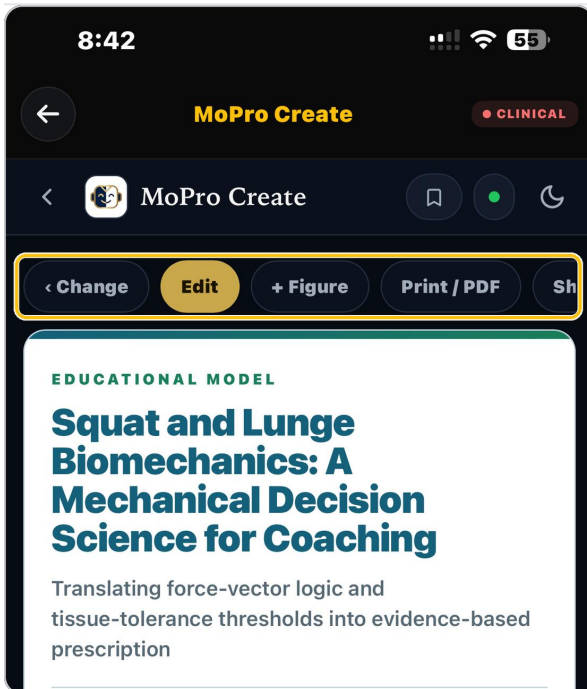
STEP 13

Print, PDF or share

Print / PDF lays the document out for A4 and opens the phone's print sheet — print it or save it as a PDF. Share hands it to the phone's share sheet for mail, messaging or drive.

TIP

Save the PDF to Files before sharing, so the copy you send is the one you checked.



You're ready

That's it. Open MoPro Create, pick a template and write the brief.

Reading a generated document

An Educational Model as the engine writes it – the head and objectives on the left, a figure, key point and references on the right. Here is what each part means.

EDUCATIONAL MODEL

Squat and Lunge Biomechanics: A Mechanical Decision Science for Coaching

Translating force-vector logic and tissue-tolerance thresholds into evidence-based prescription

Date 2026-09-29

N. Mehta, K. Jain, S. March, A. Verma

MMSx Authority Institute for Movement Mechanics & Biomechanics Research

ABSTRACT

Purpose. To equip coaches with a mechanistic framework that links observable movement patterns to underlying forces, moments and tissue capacities, enabling safe and performance-optimised prescription of squats and lunges.

Scope. The model integrates vertical and frontal-plane ground-reaction vectors, lever-class analysis, impulse-rate considerations and threshold-based progression criteria.

Application. All recommendations are expressed in clinically relevant units (N, N-m, %BW, degrees, ms) and tied to the tissue-tolerance concepts described by Mehta (2026).

Keywords: force vector; joint torque; ground-reaction force; tissue tolerance; lever class; impulse; load rate; squat; lunge

1

Identify the primary force-vector orientations that differentiate squats from forward, reverse and lateral lunges.

2

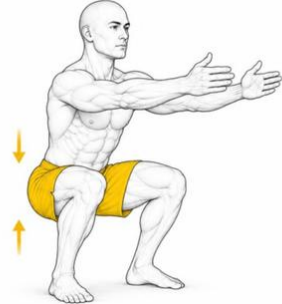
Calculate approximate joint torques using moment-arm geometry and relate them to tissue-capacity thresholds.

3

Interpret ground-reaction-force time-curves to assess load-rate and impulse for each pattern.

4

Develop a progression algorithm that respects **tissue-tolerance thresholds** while manipulating load, depth and velocity.



Squat

Figure 1. Squat — photographic reference for the movement discussed in this document.
TrainersEye exercise library · MMSx Authority

KEY POINT

Hip torque in a squat can be three times

References

- Winter, D. A. (2009). Biomechanics and Motor Control of Human Movement. Wiley.
- Neumann, D. A. (2020). Kinesiology of the Musculoskeletal System: Foundations for Physical Therapy. Elsevier.
- McGill, S. M. (2010). Core Training: Evidence Translating to Practice. Strength & Conditioning Journal, 32(3), 33–46.
- Zatsiorsky, V. M., & Kraemer, W. J. (2006). Science and Practice of Strength Training. Human Kinetics.
- Escamilla, R. F. (2001). Knee Biomechanics of the Squat and Leg Press. Medicine & Science in Sports & Exercise, 33(6), 1272–1277.
- Schoenfeld, B. J. (2010). The Mechanisms of Muscle Hypertrophy and Their Application to Resistance Training. Journal of Strength and Conditioning

1

Template label

The template that produced the document – Educational Model here.

3

Date, authors and affiliation

From Document details – a blank author line means none is printed.

5

Keywords

For indexing and search.

7

Figure

From the TrainersEye exercise library, numbered, added with + Figure.

9

Key point

The box that calls out the term to remember.

2

Title and subtitle

Written from the brief, set in the chosen style.

4

Abstract

Purpose, Scope and Application.

6

Learning objectives

Numbered, with the key terms highlighted.

8

Caption and credit

The movement discussed and the library credit line.

10

References

Numbered, generated with the document – verify before citing.

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

MOPRO CREATE IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

Written by the MoPro engine · Backed by MMSx Authority Institute

Generated drafts — every document is written by the MoPro engine from your brief and must be checked by a qualified author before use; numbers, figures and references need verification. Not medical advice.