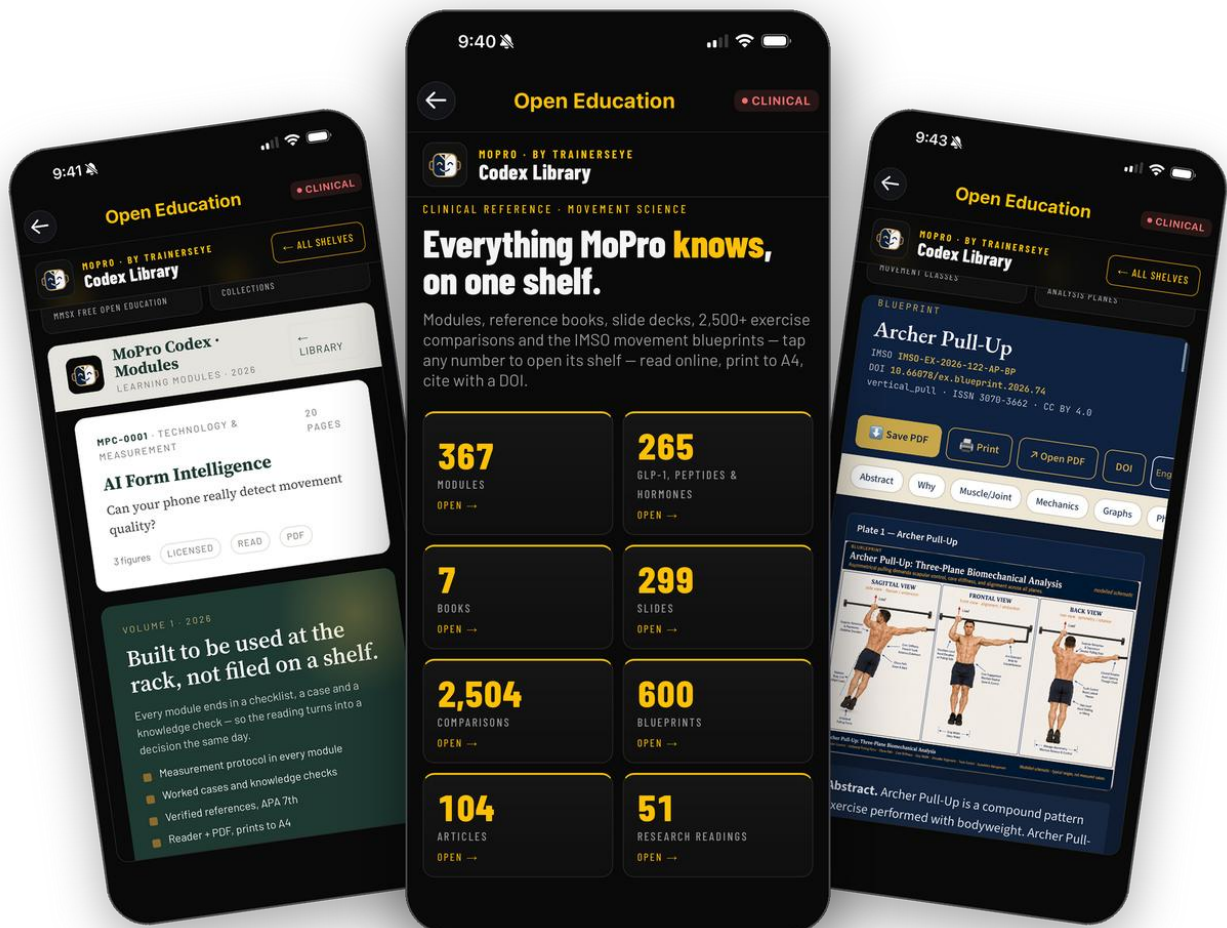


USER GUIDE

Open Education

The MoPro Codex Library – modules, monographs, books, slide decks, exercise comparisons, IMSO blueprints, articles and research readings – read online, print to A4, cite with a DOI.

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



What is Open Education?

Open Education is the MoPro Codex Library – everything MoPro knows, on one shelf. Eight shelves: 367 learning modules, 265 GLP-1, peptide and hormone modules, seven reference books, 299 slide decks, 2,504 exercise comparison decision documents, 600 IMSO-registered movement blueprints, 104 articles and 51 research reading collections. Tap any number to open its shelf; read online, print to A4, cite with a DOI. Comparisons and blueprints read in EN · ES · HI · AR, and the free MMSx titles carry CC BY 4.0. Published by MMSx Authority Institute.

Eight shelves

Modules, GLP-1 Peptides & Hormones, Books, Slides, Comparisons, Blueprints, Articles and Research Readings – each with its count on the door.

Read, print, cite

Every shelf reads online, prints to A4 and carries a DOI to cite; the free MMSx titles are CC BY 4.0.

Decision documents

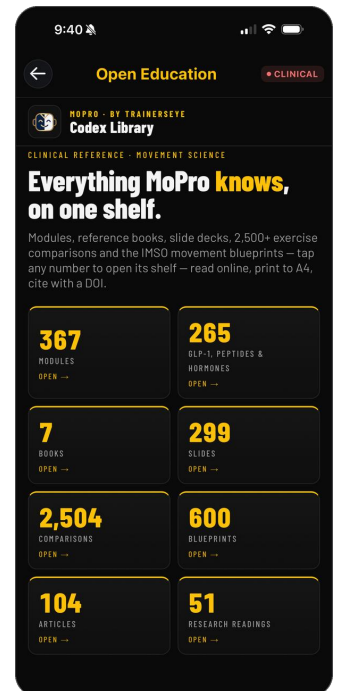
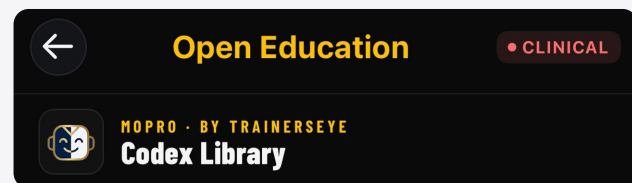
2,504 exercise comparisons and 600 blueprints – load vectors, torque, three-plane analysis and decision support, in four languages.

Editorial layers

Articles co-authored with practising professionals, and research readings of 1,020 open-licence papers, read closely.

Where to find it

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



This guide in thirteen steps

1 Open the tool

3 Modules

5 Books

7 Comparisons

9 Blueprints

11 Articles

13 Print, save and cite

2 The shelves

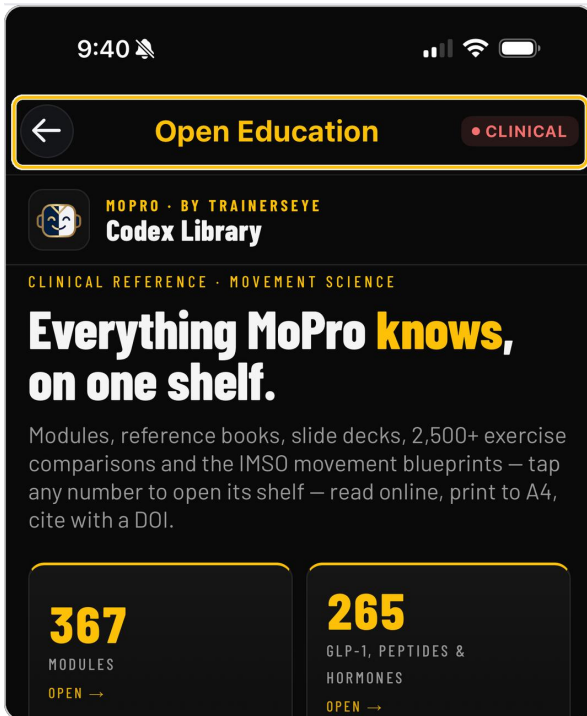
4 GLP-1, Peptides & Hormones

6 Slides

8 Read a comparison

10 Read a blueprint

12 Research Readings


PART 1 · GETTING STARTED

STEP 1

Open the tool

From the Dashboard, tap Open Education. It is a Clinical-plan tool – the CLINICAL badge sits beside the title. The bar beneath reads MoPro · by TrainersEye – Codex Library, with the MoPro mark.

TIP

← All shelves, at the top right of every shelf, returns you to the library.

on one shelf.

Modules, reference books, slide decks, 2,500+ exercise comparisons and the IMSO movement blueprints – tap any number to open its shelf – read online, print to A4, cite with a DOI.


PART 1 · GETTING STARTED

STEP 2

The shelves

Everything MoPro knows, on one shelf: 367 Modules, 265 GLP-1, Peptides & Hormones, 7 Books, 299 Slides, 2,504 Comparisons, 600 Blueprints, 104 Articles and 51 Research Readings. Tap any number to open its shelf – read online, print to A4, cite with a DOI.

TIP

Open full page, on the shelves that offer it, opens the same shelf as a full web page.

PART 2 · LEARNING SHELVES

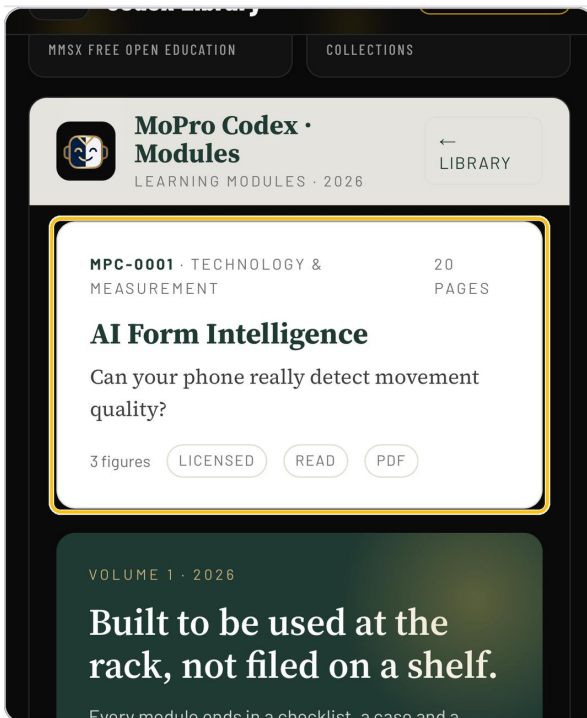
STEP 3

Modules

Modules opens MoPro Codex · Modules — learning modules, 2026 — under the MMSx Free Open Education and Collections tabs. Each card carries the module code and domain (MPC-0001 · Technology & Measurement), its pages, title and question, its figure count and three buttons: Licensed, Read and PDF. Every module ends in a checklist, a case and a knowledge check, with a measurement protocol, verified APA 7th references and a reader plus PDF that prints to A4.

TIP

Built to be used at the rack, not filed on a shelf — read the module the day you need the decision.



PART 2 · LEARNING SHELVES

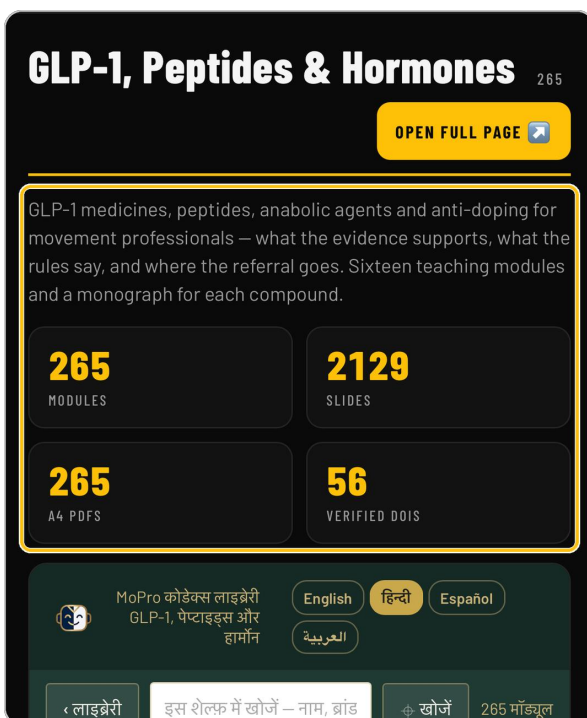
STEP 4

GLP-1, Peptides & Hormones

The pharmacology shelf: GLP-1 medicines, peptides, anabolic agents and anti-doping for movement professionals — what the evidence supports, what the rules say and where the referral goes. Sixteen teaching modules and a monograph for each compound: 265 modules, 2,129 slides, 265 A4 PDFs, 56 verified DOIs. The shelf's own reader below has English, हिन्दी, Español and العربية and a search by name or brand.

TIP

The number beside the shelf title is its module count; the reader's search finds a compound by brand as well as by name.



Books 7

Full-length reference volumes and field guides, read online chapter by chapter — including free MMSx titles under CC BY 4.0.

GLOBAL REFERENCE · LMS READER

FREE ACCESS

Bent-Over Rowing — Mechanical Decision Science Global Reference

Chapter-wise LMS reader: physics engine, muscle roles, variation atlas, assessment, pain and return-to-rowing, corrective programming, professional tools

120 CHAPTERS · 10 PARTS · 120 HUMAN FIGURE PLATES · PROGRESS TRACKING

EN Read

Published by MMSx Authority Institute

GLOBAL REFERENCE · INTERACTIVE EDITION

CC BY 4.0

The Chin-Up and Pull-Up — A Complete Mechanical Decision Science

Interactive chapter reader: foundations, physics engine, human

PART 2 · LEARNING SHELVES

STEP 5 Books

Seven full-length reference volumes and field guides, read online chapter by chapter, including free MMSx titles under CC BY 4.0. Each card gives the edition — Global Reference · LMS Reader, or Interactive Edition — its access (Free access or CC BY 4.0), its chapters, parts, figure plates, progress tracking and DOI, then EN Read and EN DOI. Published by MMSx Authority Institute.

TIP

The LMS reader tracks your progress chapter by chapter; the DOI button gives the citation record.

16:9

FORMAT

PDF

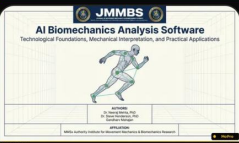
DOWNLOAD



MOPRO CODEX LIBRARY

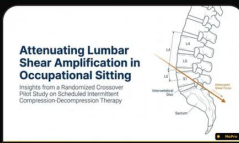
Slides

← Shelves



AI Biomechanics
15 slides · 1.0 MB

PLAY PDF



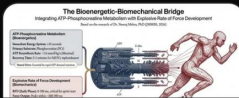
Attenuating Occupational Lumbar Shear
18 slides · 0.8 MB

PLAY PDF



Bar Path Optimization
Using Motion Tracking for Max Effort Bench, Squat & Deadlift

Use the bar as a measurement guide—without



The Bioenergetic-Biomechanical Bridge
Integrating GPS, Pedometer, Accelerometer and Gyroscope Data for Physical Performance

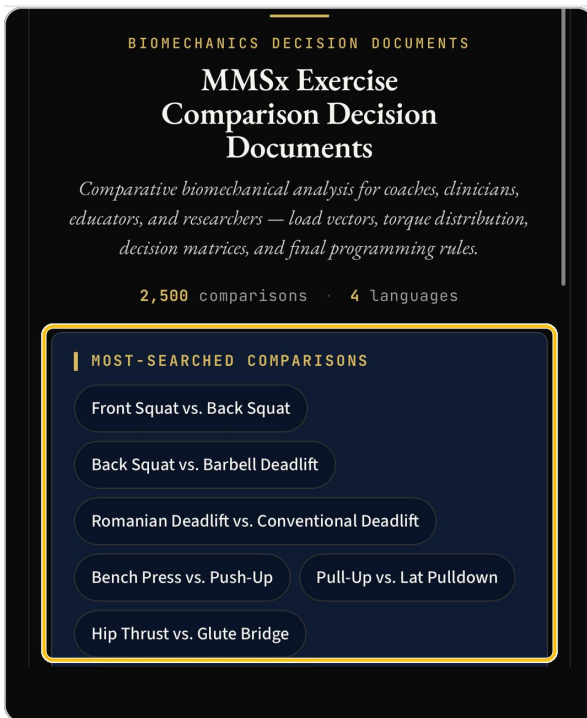
PART 2 · LEARNING SHELVES

STEP 6 Slides

Illustrated slide decks, one concept per deck: 299 decks, 1,992 slides, 16:9, PDF download. Swipe or use the arrow keys, go fullscreen, or download the PDF. Each card shows the deck's cover, its slide count and size, then Play and PDF.

TIP

Ten to twenty-one slides per deck — one deck is one teaching point.


PART 3 · DECISION SHELVES

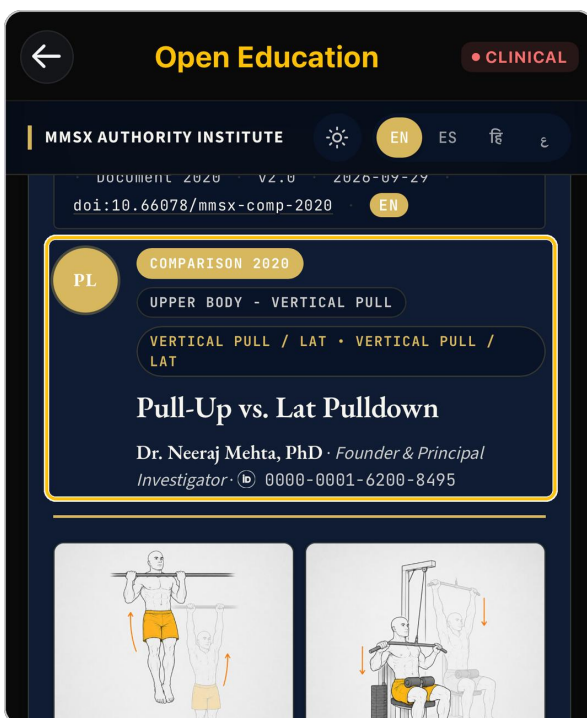
STEP 7

Comparisons

2,504 exercise comparison decision documents in four languages, across 11 muscle axes and 6 physics dimensions: comparative biomechanical analysis for coaches, clinicians, educators and researchers — load vectors, torque distribution, decision matrices and final programming rules. Start from the most-searched comparisons — Front Squat vs. Back Squat, Back Squat vs. Barbell Deadlift, Romanian vs. Conventional Deadlift, Bench Press vs. Push-Up, Pull-Up vs. Lat Pulldown, Hip Thrust vs. Glute Bridge — or browse.

TIP

The EN · ES · हि · ع switch and the light/dark toggle sit in the document header.


PART 3 · DECISION SHELVES

STEP 8

Read a comparison

A comparison opens as a decision document: its number, version, date and DOI (doi:10.66078/mmsx-comp-2020), the region and movement-class chips, the title — Pull-Up vs. Lat Pulldown — the author line with ORCID, then the A and B illustrations. Print / PDF makes the A4 document; the Coach · Professor / Educator · Researcher switch sets the reading; the feature table follows — name, load-vector difference, COM / displacement strategy and on.

TIP

Coach, Professor / Educator and Researcher are three readings of the same comparison.

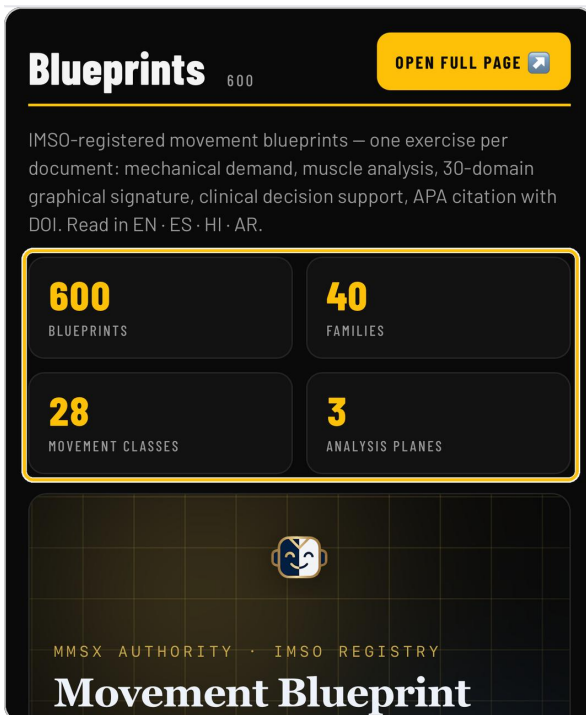
PART 3 · DECISION SHELVES
STEP 9

Blueprints

600 IMSO-registered movement blueprints across 40 families, 28 movement classes and 3 analysis planes — one exercise per document: mechanical demand, muscle analysis, a 30-domain graphical signature, clinical decision support and an APA citation with DOI, in EN · ES · HI · AR. The Movement Blueprint Library sits below — MMSx Authority · IMSO Registry.

TIP

A blueprint is a modelled record — schematic ranges, not measured values, as its plate says.

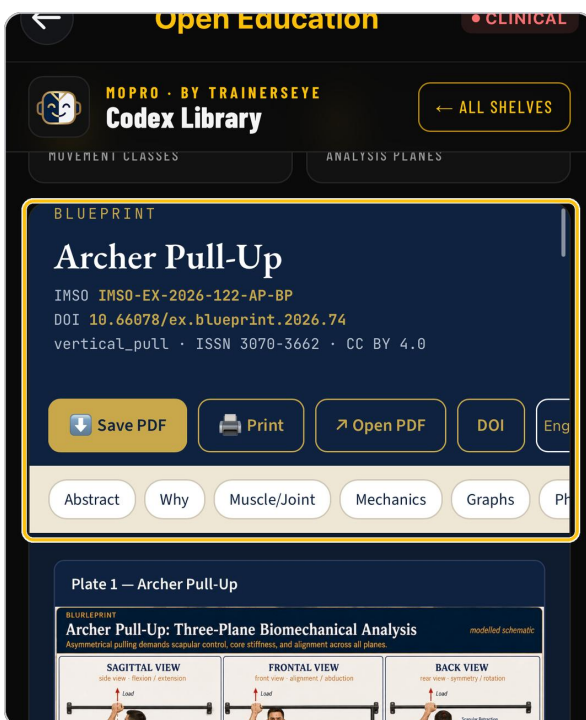

PART 3 · DECISION SHELVES
STEP 10

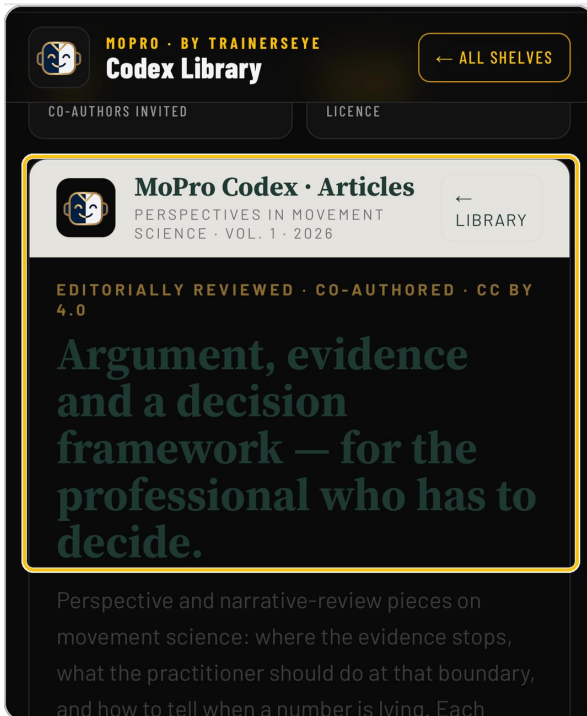
Read a blueprint

A blueprint opens on its record — Archer Pull-Up: IMSO ID, DOI, movement class, ISSN and CC BY 4.0 — with Save PDF, Print, Open PDF, DOI and the language switch, then the section pills: Abstract, Why, Muscle/Joint, Mechanics, Graphs and on. Plate 1 is the three-plane biomechanical analysis — sagittal, frontal and back views, annotated. The PDF runs to 28 pages, contents 1 to 13.

TIP

Jump to a section with the pills rather than scrolling the whole record.




PART 4 · EDITORIAL SHELVES AND CITING

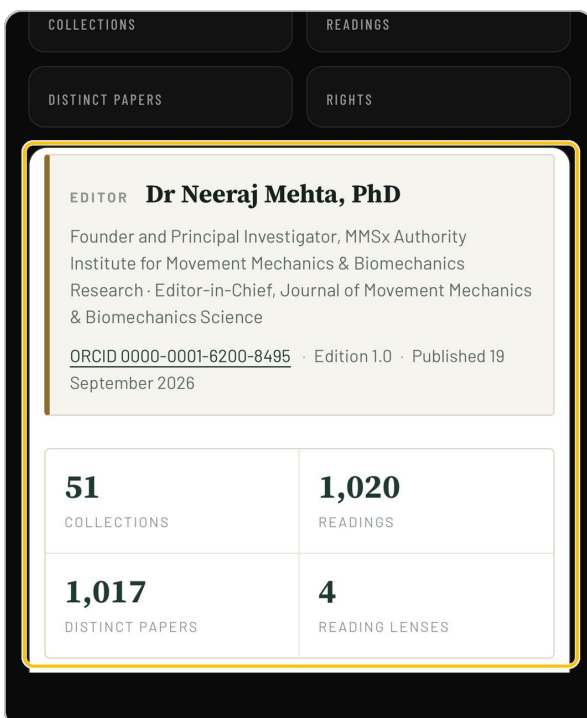
STEP 11

Articles

MoPro Codex · Articles — Perspectives in Movement Science, Vol. 1, 2026: editorially reviewed, co-authored, CC BY 4.0. Perspective and narrative-review pieces on where the evidence stops, what the practitioner should do at that boundary and how to tell when a number is lying. Each article is co-authored with a practising professional and carries a citable DOI on approval. 104 articles, 1.4k words each, 14 collections — Browse the catalog, or Editorial & how to cite.

TIP

Co-authors are invited — the shelf's own header says so.


PART 4 · EDITORIAL SHELVES AND CITING

STEP 12

Research Readings

Editorial readings of open-licence movement science: the mechanics each study measured, the claims its data cannot carry, the decision it informs and the scope within which it holds. Fifty-one collections, 1,020 readings, 1,017 distinct papers and four reading lenses, edited by Dr Neeraj Mehta, PhD — Edition 1.0, published 19 September 2026.

TIP

Back to the library, inside the reader, returns you to the shelf.

PART 4 · EDITORIAL SHELVES AND CITING

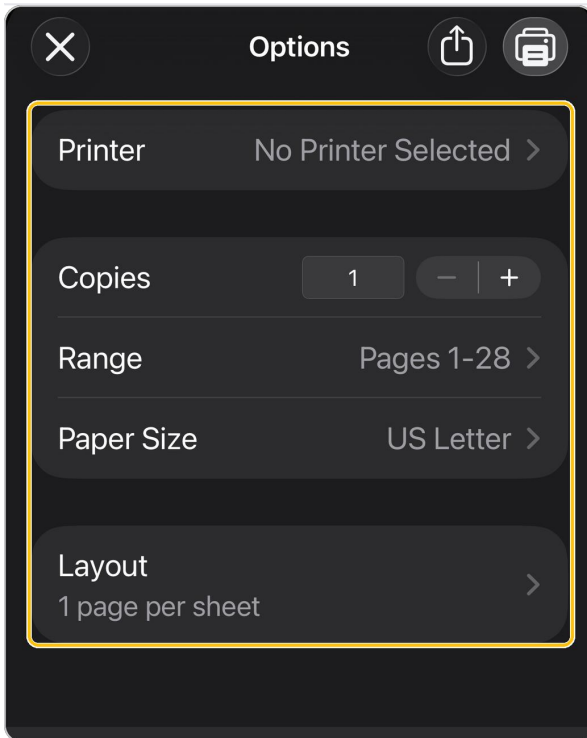
 STEP **13**

Print, save and cite

Print / PDF, Save PDF and Print open the phone's print sheet – pages, paper size, layout – to print or save to Files; Open PDF opens the file itself. Every document carries a DOI to cite (APA 7th), the free titles under CC BY 4.0.

TIP

Check the paper size before printing – the sheet may default to US Letter while the documents are A4.



You're ready

That's it. Open the Codex Library and tap a number to open its shelf.

Reading a comparison document

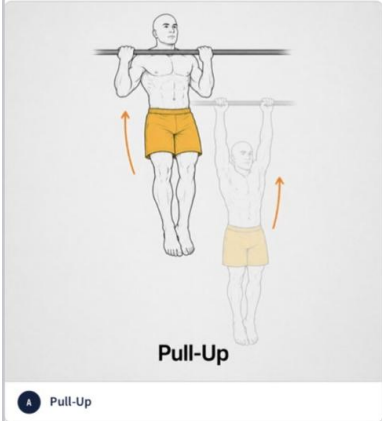
Every comparison prints as an MMSx Exercise Comparison Decision Document. Here is what each part of it means.

MMSx EXERCISE COMPARISON DECISION DOCUMENTS
Document 2020
v2.0
2026-09-29

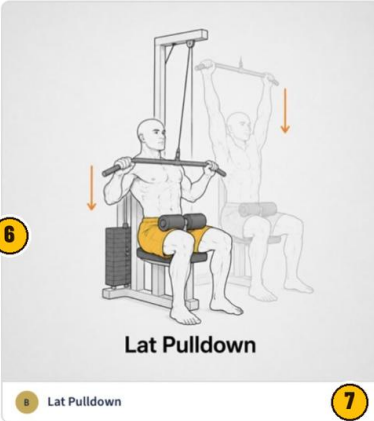
doi:10.66078/mmsx-comp-2020
EN

COMPARISON 2020
UPPER BODY • VERTICAL PULL
VERTICAL PULL / LAT • VERTICAL PULL / LAT

Pull-Up vs. Lat Pulldown
 Dr. Neeraj Mehta, PhD • Founder & Principal Investigator • 0000-0001-6200-8495



Pull-Up



Lat Pulldown

Pull-Up is a pronated-grip vertical pull from a dead hang, biasing the latissimus dorsi and demanding full-body tension control. Lat Pulldown is a cable-machine vertical pull permitting precise load adjustment and assisted variants for populations not yet able to pull...

FEATURE	PULL-UP	LAT PULLDOWN
NAME	Pull-Up	Lat Pulldown
LOAD-VECTOR DIFFERENCE	Pull-Up applies a vertical resistance vector through an open kinetic chain in the frontal-plane. Load is delivered via body mass.	Lat Pulldown applies a vertical resistance vector through an open kinetic chain in the frontal-plane. Load is delivered via a cable.
COM / DISPLACEMENT STRATEGY	In Pull-Up the lifter's mass is suspended or projected, requiring active tension throughout the kinetic chain. The bilateral stance combined with moderate stability cost places peak control demand at the top of the range.	In Lat Pulldown the lifter's mass is suspended or projected, requiring active tension throughout the kinetic chain. The bilateral stance combined with moderate stability cost places peak control demand at the top of the range.

- Series and document line**
MMSx Exercise Comparison Decision Documents – the document number, version and date.
- DOI and language**
The citable DOI (doi:10.66078/mmsx-comp-...) and the language of this print.
- Category chips**
The comparison number, the region and pattern, and the movement class of each exercise.
- Title**
Exercise A vs. Exercise B.
- Author line**
The author, role and ORCID.
- Illustrations A and B**
Each exercise drawn with its load direction.
- Summary**
What each exercise is, in a sentence each.
- Feature table**
Feature · A · B – the comparison, row by row.
- Load-vector difference**
Where the resistance vector goes and how the load is delivered.
- COM / displacement strategy**
How the lifter's mass moves and where peak control demand falls – the table continues with torque, decision matrix and programming rules.

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

OPEN EDUCATION IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

MoPro Codex Library published by MMSx Authority Institute · Backed by MMSx Authority Institute

Reference material for movement professionals — modules, comparisons and blueprints are modelled decision support and educational content, not individual clinical assessment or medical advice; the GLP-1, peptide and hormone shelf describes evidence, rules and referral, not treatment.