



QUICK CARD

ProMobility

How it works – one page

ProMobility is the TrainersEye mobility drill builder.

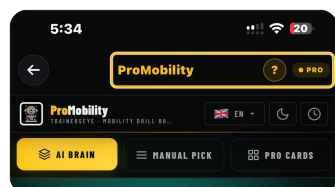
TrainersEye app → Dashboard → ProMobility · Pro plan

GETTING STARTED

AI BRAIN

MANUAL PICK AND PRO CARDS

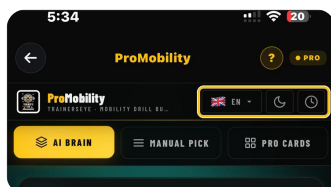
THE SESSION



1

Open the tool

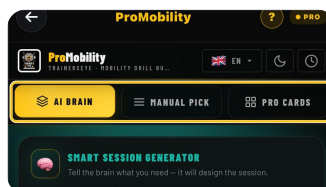
From the Dashboard, tap ProMobility – the TrainersEye mobility drill builder. It is a Pro-plan tool.



2

Language, look and history

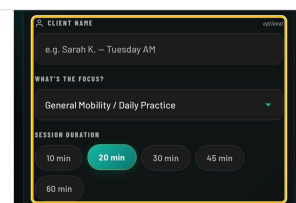
The flag sets the language – English, Hindi, Spanish or Arabic; the moon switches the dark and light look; the clock opens your session history.



3

Three ways in

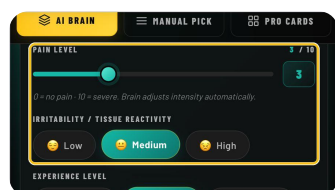
AI Brain designs a session for you; Manual Pick lets you choose drills from the library; Pro Cards are ready, evidence-referenced drill sets.



4

Client, focus and duration

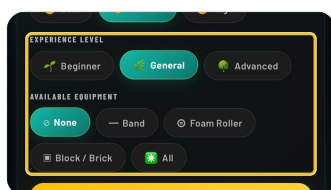
Name the client if you wish, choose the focus – general mobility and daily practice, or a specific condition – and the session duration: 10, 20, 30, 45 or 60 minutes.



5

Pain and irritability

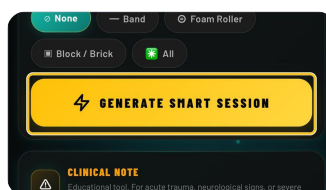
Set the pain level from 0 to 10 – the brain adjusts intensity automatically – and the tissue irritability: low, medium or high.



6

Experience and equipment

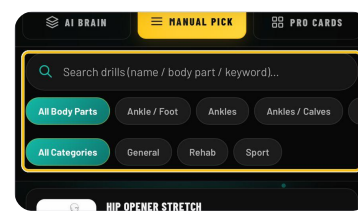
Choose the experience level – beginner, general or advanced – and the equipment available: none, band, foam roller, block or brick, or all.



7

Generate the smart session

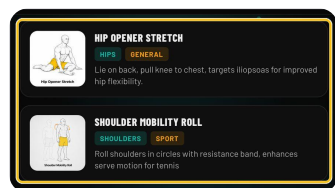
Tap Generate Smart Session. The brain builds the protocol and opens it as a document.



8

Manual Pick – search and filter

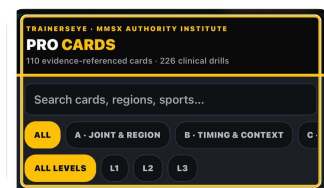
Search drills by name, body part or keyword, then narrow with the body-part chips and the category – General, Rehab or Sport.



9

Choose drills from the library

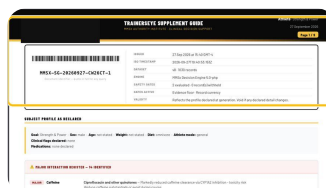
Each drill shows its image, body part, category and a one-line description.



10

Pro Cards

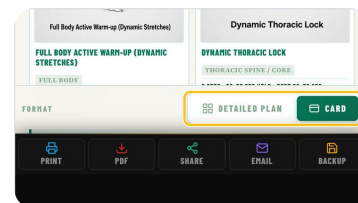
Ready, evidence-referenced drill sets by joint and region, timing and context, and sport, at levels L1 to L3 – each with its code, level, time and drill count.



11

The session document

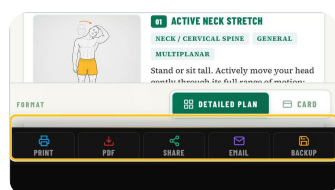
The session opens as a personalised mobility and recovery protocol: the parameters, the clinical rationale, then numbered blocks – each with its drills, image, tags, instructions, dose and the reason it is there.



12

Detailed plan or Card

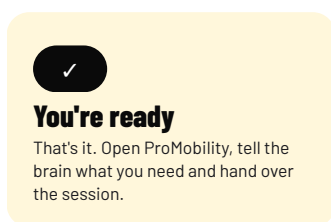
Switch the format: Detailed Plan for the full protocol with instructions and reasons, Card for the compact two-column grid of images and doses.



13

Print, PDF, Share, Email, Backup

The bar at the bottom prints the session, saves it as a PDF, shares it, emails it or backs it up.



You're ready

That's it. Open ProMobility, tell the brain what you need and hand over the session.

ON THE DOCUMENT

TITLE AND SUBTITLE · PARAMETERS · CLINICAL RATIONALE · BLOCK · DRILL IMAGE · NAME AND TAGS · INSTRUCTIONS · FORMAT AND ACTIONS