

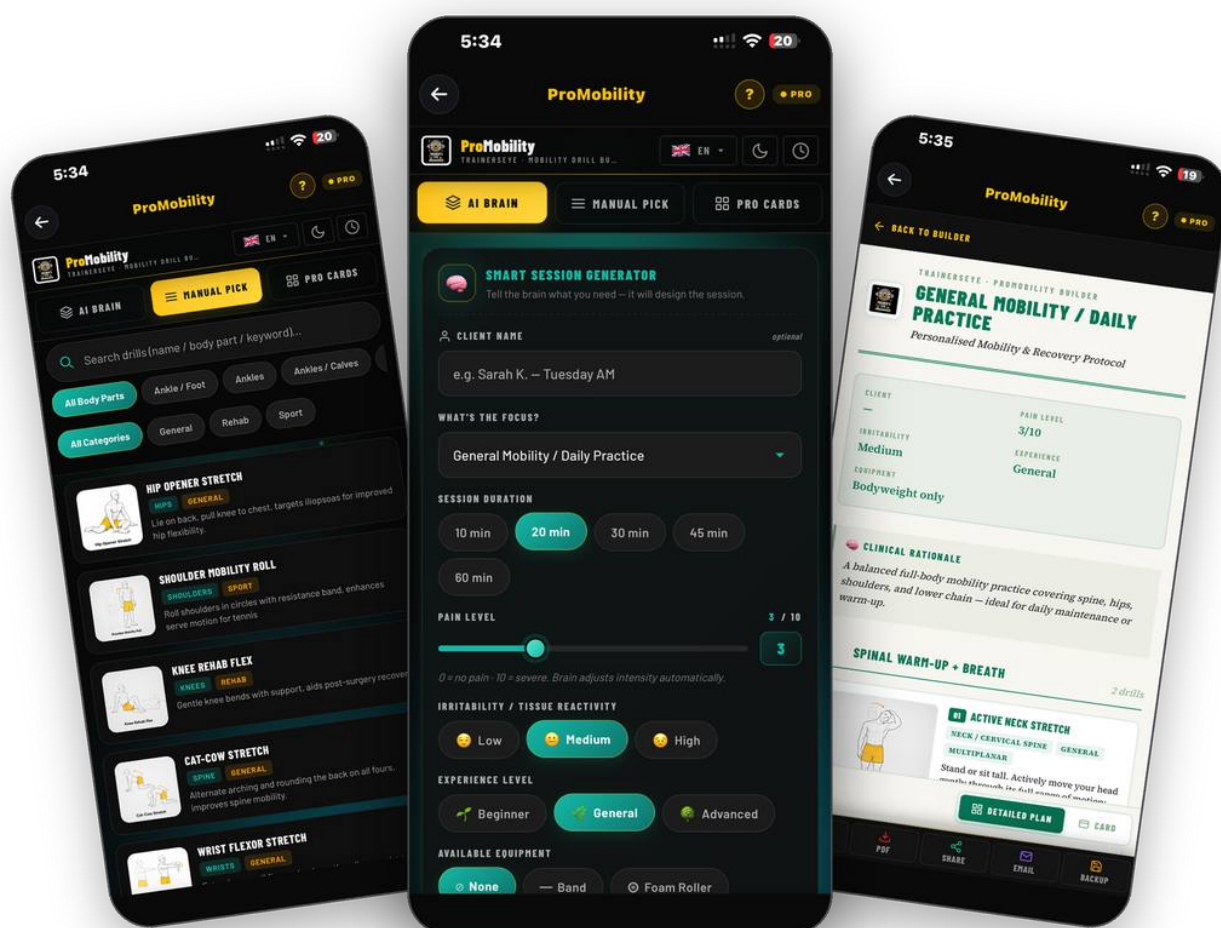


USER GUIDE

ProMobility

Mobility drill builder — a smart session from the brain, a hand-picked list, or an evidence-referenced Pro Card.

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





What is ProMobility?

ProMobility is the TrainersEye mobility drill builder. Three ways in: AI Brain designs a session from the focus, duration, pain level, irritability, experience and equipment you give it; Manual Pick lets you search the drill library by name, body part or keyword and choose drills yourself; Pro Cards are evidence-referenced, levelled drill sets by joint and region, timing and context, and sport, backed by MMSx Authority Institute. Every session becomes a personalised mobility and recovery protocol – parameters, clinical rationale, blocks of drills with image, instructions, dose and the reason – as a detailed plan or a card, to print, save as PDF, share, email or back up.

AI Brain

Tell the brain the focus, duration, pain, irritability, experience and equipment – it designs the session and adjusts intensity to the pain level.

Manual Pick

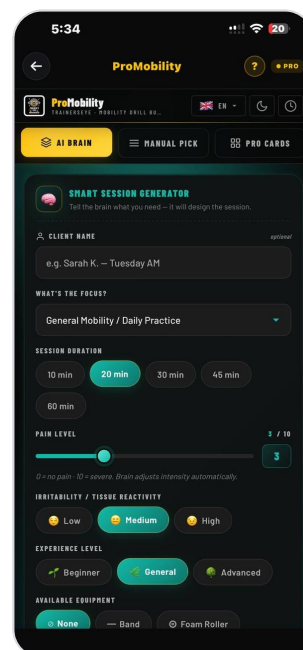
Search the drill library by name, body part or keyword; filter by body part and by General, Rehab or Sport; pick the drills yourself.

Pro Cards

Evidence-referenced drill sets by joint and region, timing and context, and sport, levelled L1 to L3, each with a code, a time and a drill count.

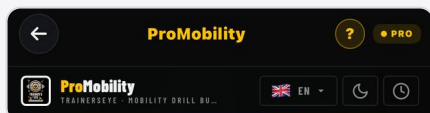
A protocol you can hand over

Parameters, clinical rationale, drill blocks with dose and reason – detailed plan or card – Print, PDF, Share, Email, Backup.



Where to find it

Open the TrainersEye app, go to the Dashboard and tap ProMobility. It is part of the Pro plan. The question mark at the top opens help on every screen.



This guide in thirteen steps

- 1 Open the tool
- 2 Language, look and history
- 3 Three ways in
- 4 Client, focus and duration
- 5 Pain and irritability
- 6 Experience and equipment
- 7 Generate the smart session
- 8 Manual Pick – search and filter
- 9 Choose drills from the library
- 10 Pro Cards
- 11 The session document
- 12 Detailed plan or Card
- 13 Print, PDF, Share, Email, Backup



PART 1 · GETTING STARTED

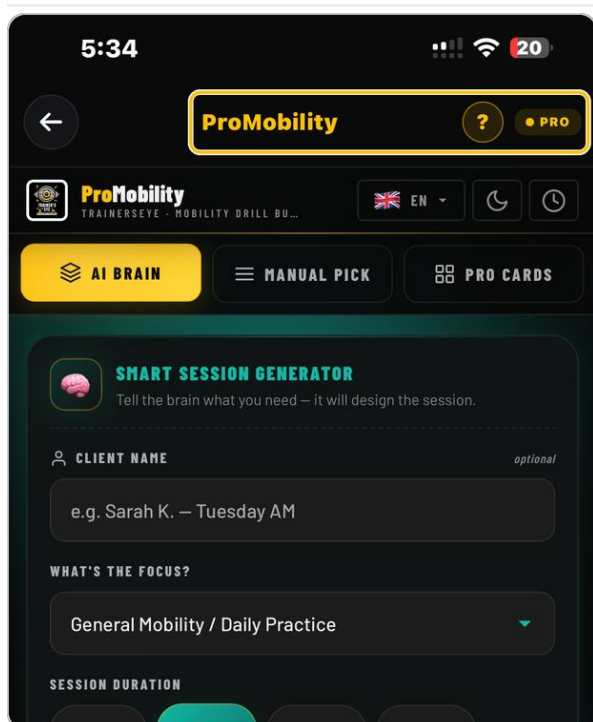
STEP 1

Open the tool

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

TIP

The plan badge beside the title shows Pro; the question mark beside it opens help on every screen.



PART 1 · GETTING STARTED

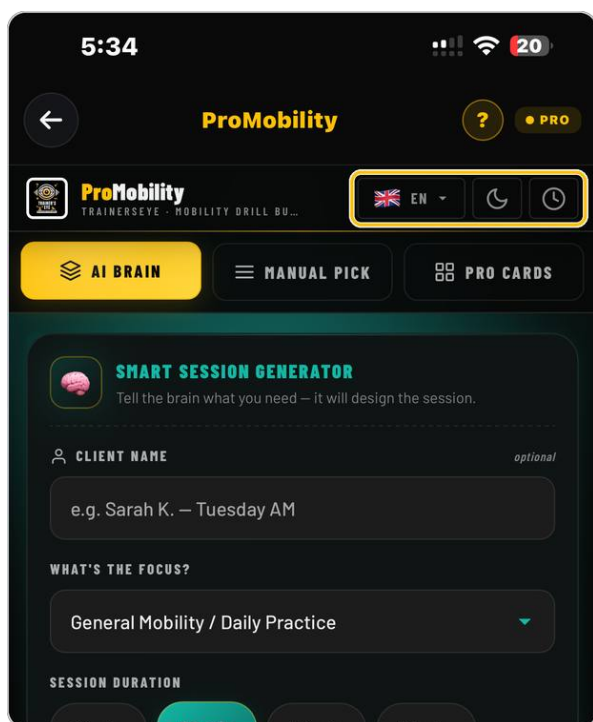
STEP 2

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.

TIP

Sessions you generate are kept in the history, so a client's last protocol is one tap away.





PART 1 · GETTING STARTED

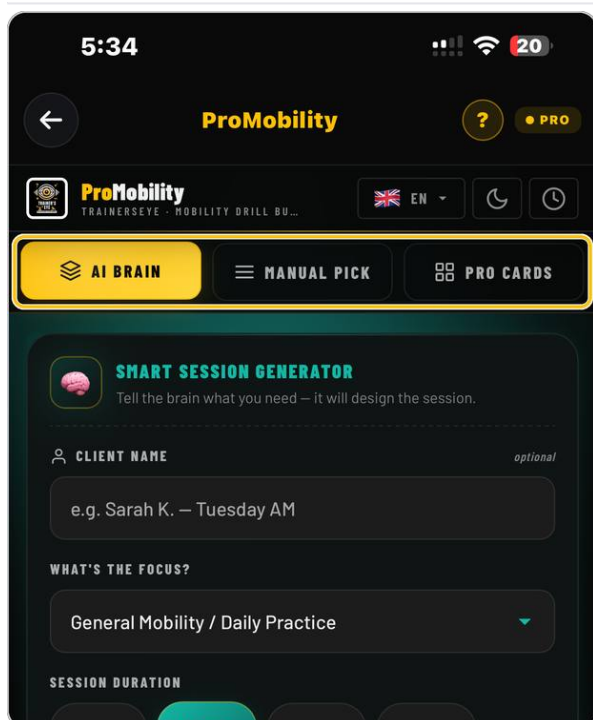
STEP **3**

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.

TIP

Start with AI Brain for a client; use Manual Pick when you know exactly which drills you want; Pro Cards for a printed set by region or sport.



PART 2 · AI BRAIN

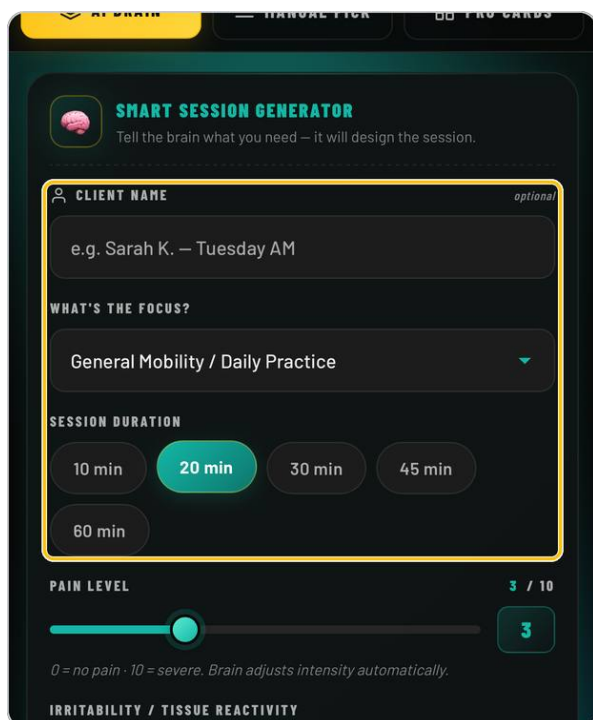
STEP **4**

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.

TIP

The focus decides the block architecture — warm-up, flow, and so on; the duration decides how many drills fill it.





PART 2 · AI BRAIN

STEP 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.

TIP

Higher pain and irritability shift the session towards gentle range and control; be honest for the client's sake.

PART 2 · AI BRAIN

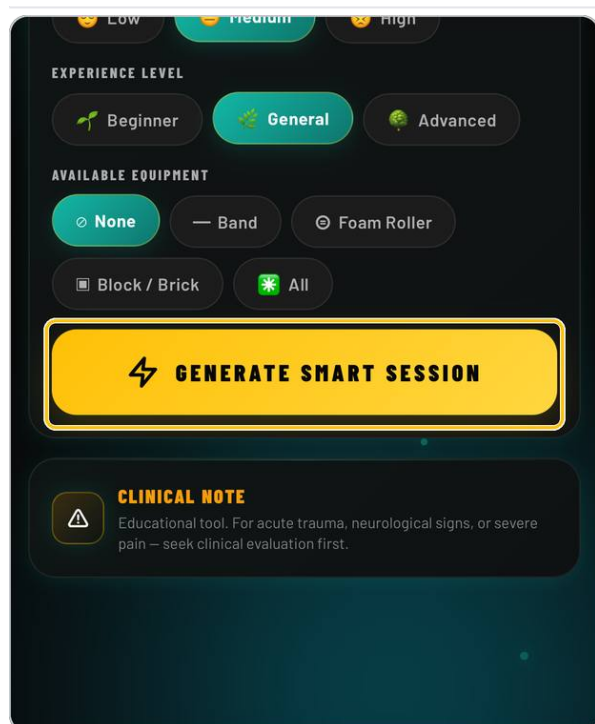
STEP 6

Experience and equipment

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

TIP

Band, foam roller and block sessions draw only on prop-specific drills; All lets the brain use the whole library.



PART 2 · AI BRAIN

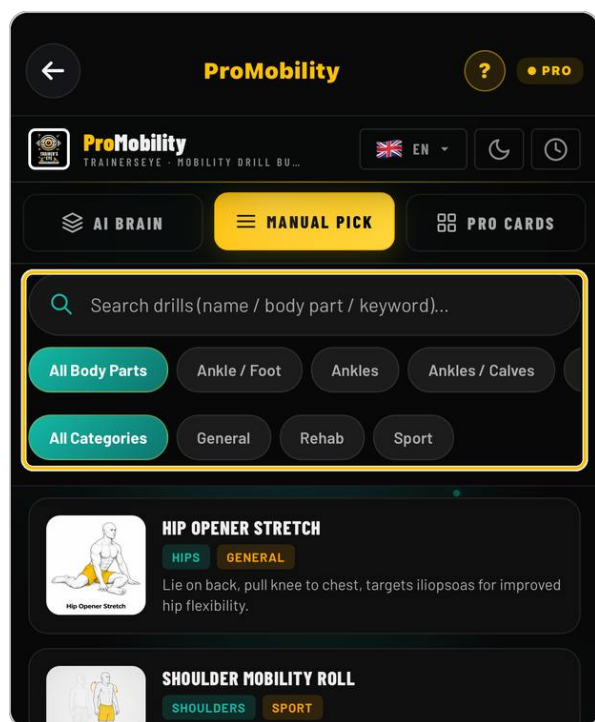
STEP 7

Generate the smart session

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

TIP

Read the clinical note below the button: for acute trauma, neurological signs or severe pain, seek clinical evaluation first.



PART 3 · MANUAL PICK AND PRO CARDS

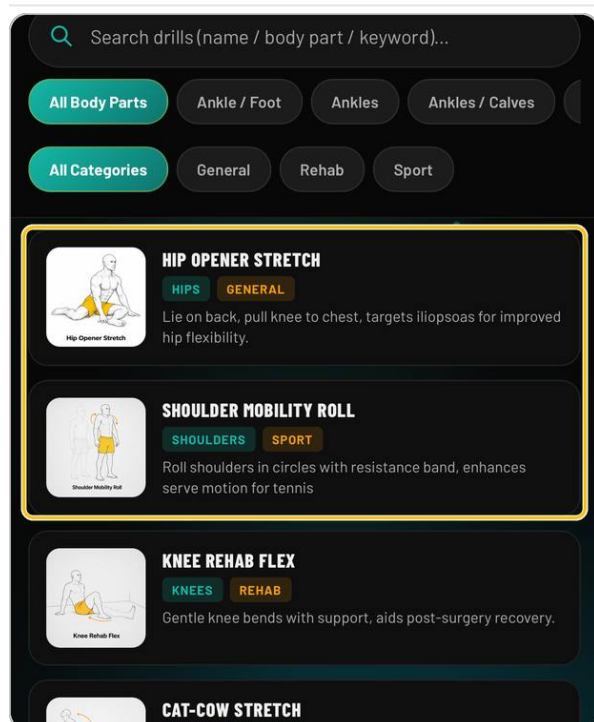
STEP 8

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.

TIP

Body-part chips scroll sideways; the list updates as you type.



PART 3 · MANUAL PICK AND PRO CARDS

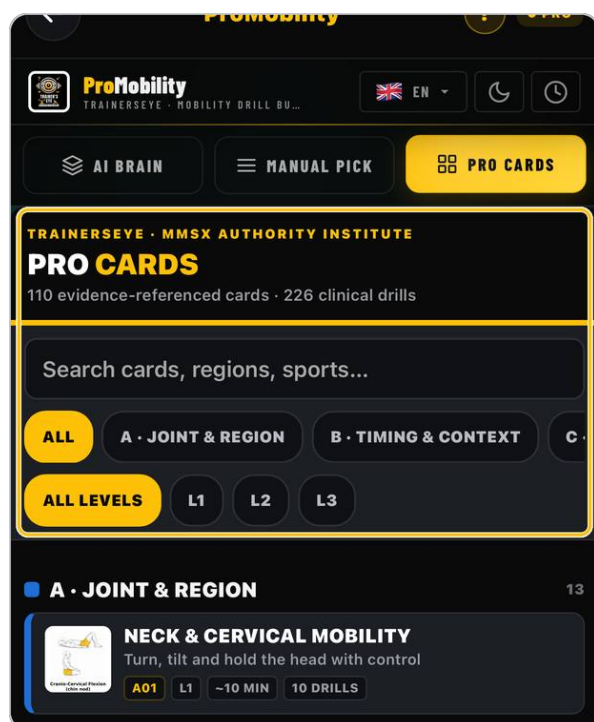
STEP 9

Choose drills from the library

Each drill shows its image, body part, category and a one-line description. Tap the drills you want and they join the session.

TIP

Build in the same order you will coach: warm-up first, then the target region, then the flow.



PART 3 · MANUAL PICK AND PRO CARDS

STEP 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. Search cards, regions or sports and open one.

TIP

A card is a complete short session with coach notes and references; print it as a one-page sheet.



PART 4 · THE SESSION

STEP 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.

TIP

The dose line – sets, hold, rest, breath cue – is the prescription; the Why line is what to tell the client.

CLIENT

PAIN LEVEL

IRRITABILITY

EXPERIENCE

EQUIPMENT

3/10

Medium

General

Bodyweight only

CLINICAL RATIONALE

A balanced full-body mobility practice covering spine, hips, shoulders, and lower chain – ideal for daily maintenance or warm-up.

01 SPINAL WARM-UP + BREATH

2 drills

01 ACTIVE NECK STRETCH

NECK / CERVICAL SPINE

GENERAL MULTIPLANAR

Stand or sit tall. Actively move your head gently through its full range of motion: looking left/right, ear to shoulder, chin to chest, and gentle extension. Focus on controlled, pain-free movement.

DOSE: 2 SETS - 30-45 SEC HOLD - REST 20-30 SEC - EXHALE INTO RANGE

Why: Spinal Warm-Up + Breath: full-body range exposure with controlled sequencing from spine to hips to shoulders to lower chain.

02 ACTIVE KNEE STRETCH

KNEES / QUADRICEPS/HAMSTRINGS

GENERAL SAGITTAL

Stand or sit. Actively bend and straighten your knee, moving through its full pain-free range of motion. Focus on active control and smooth transitions.

DOSE: 2 SETS - 30-45 SEC HOLD - REST 20-30 SEC - EXHALE INTO RANGE

Why: Spinal Warm-Up + Breath: full-body range exposure with controlled sequencing from spine to hips to shoulders to lower chain.

02 HIP + PELVIS FLOW

2 drills

01 FULL BODY ACTIVE WARM-UP (DYNAMIC STRETCHES)

FULL BODY SPORT

MULTI-PLANAR

Perform 30-60 seconds of each: Arm circles

(forward/backward), leg swings (forward/backward), torso rotations, overhead arm circles

02 DYNAMIC THORACIC LOCK

THORACIC SPINE / CORE

REHAB SAGITTAL

Sit tall. Rapidly alternate between actively extending and flexing the mid-back (thoracic spine), holding briefly at each end range. Focus on precise, quick movements.

PART 4 · THE SESSION

STEP 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.

TIP

Card is what the client keeps; Detailed Plan is what you keep.

ACTIVE NECK STRETCH

NECK / CERVICAL SPINE

2 SETS - 30-45 SEC HOLD - REST 20-30 SEC - EXHALE INTO RANGE

ACTIVE KNEE STRETCH

KNEES / QUADRICEPS/HAMSTRINGS

2 SETS - 30-45 SEC HOLD - REST 20-30 SEC - EXHALE INTO RANGE

02 HIP + PELVIS FLOW

2 drills

01

Full Body Active Warm-up (Dynamic Stretches)

FULL BODY ACTIVE WARM-UP (DYNAMIC STRETCHES)

FULL BODY

02

Dynamic Thoracic Lock

DYNAMIC THORACIC LOCK

THORACIC SPINE / CORE

FORMAT

DETAILED PLAN

CARD

PRINT

PDF

SHARE

EMAIL

BACKUP



PART 4 · THE SESSION

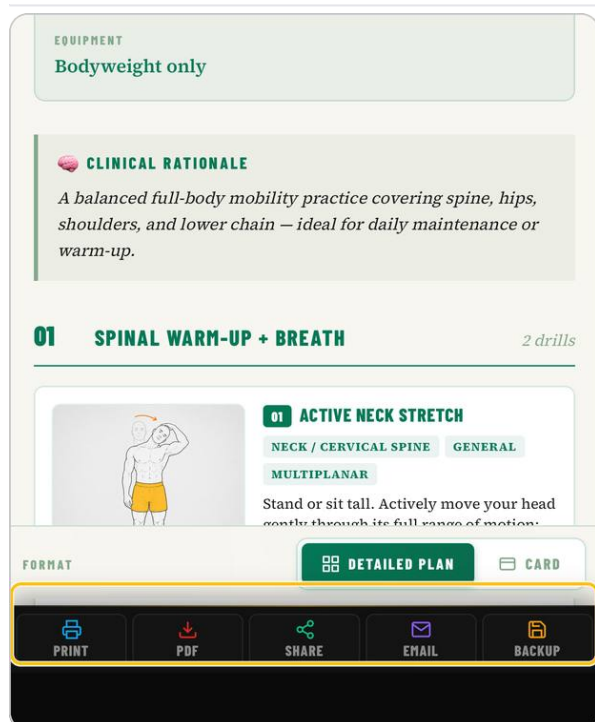
STEP **13**

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. Back to Builder returns you to the tool.

TIP

The PDF carries the date, duration, drill count and session ID in the masthead.



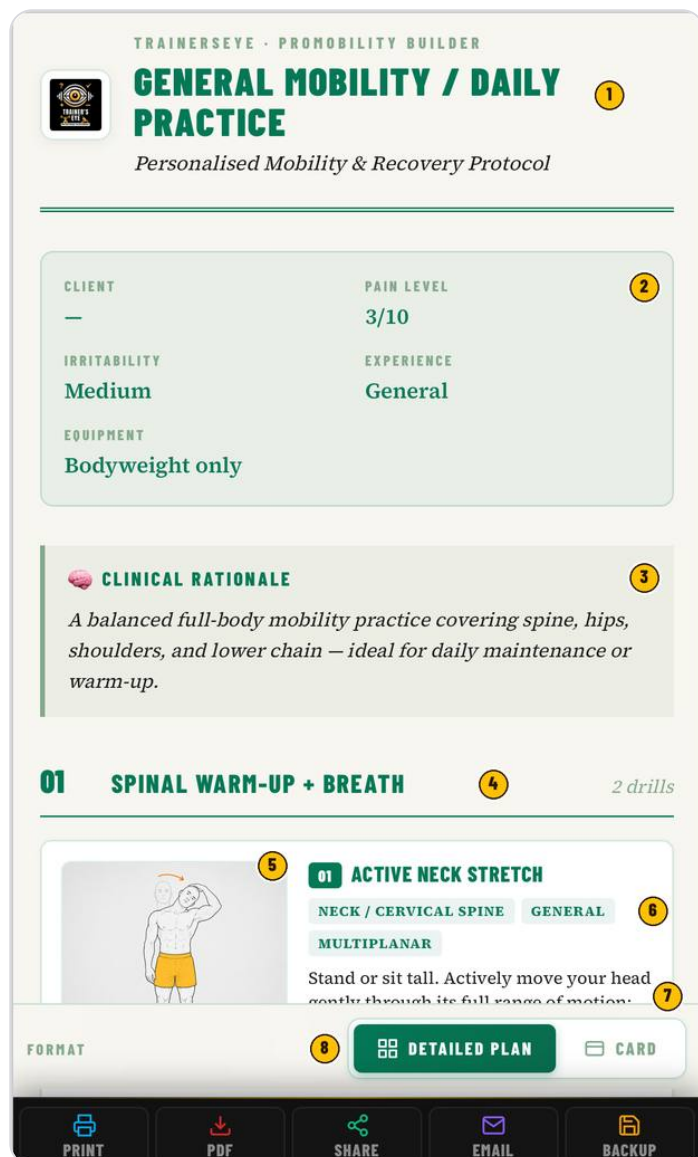
You're ready

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



Reading the session document

Every session opens as the same document. Here is what each part means.



- 1 Title and subtitle**
The focus you chose, as a personalised mobility and recovery protocol.
- 2 Parameters**
Client, pain level, irritability, experience and equipment as set.
- 3 Clinical rationale**
Why the session is built the way it is.
- 4 Block**
Numbered block, its name and drill count – warm-up, flow, and so on.
- 5 Drill image**
The movement, from the TrainersEye library.
- 6 Name and tags**
Drill name; region, category and plane.
- 7 Instructions**
How to perform it – followed by the dose and the reason.
- 8 Format and actions**
Detailed Plan or Card; Print, PDF, Share, Email, Backup.



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

PROMOBILITY IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

ProMobility · TrainersEye mobility drill builder · Pro Cards by MMSx Authority Institute

Educational tool for movement professionals. For acute trauma, neurological signs or severe pain, seek clinical evaluation first.
Sessions support a practitioner's judgement; they are not a medical diagnosis.