



QUICK CARD

Quick Builder

How it works – one page

QuickBuilder builds a complete, professional training session for a client in about thirty seconds.

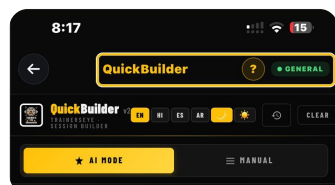
TrainersEye app → Dashboard → QuickBuilder · General plan

GETTING STARTED

BUILD WITH AI

YOUR DOCUMENT

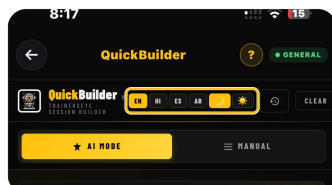
MANUAL AND MORE



1

Open the tool

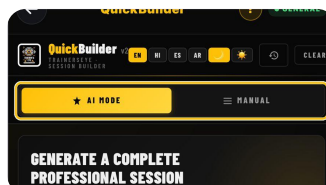
From the Dashboard, tap QuickBuilder. It is part of the General plan, so every subscriber can use it.



2

Choose your language and look

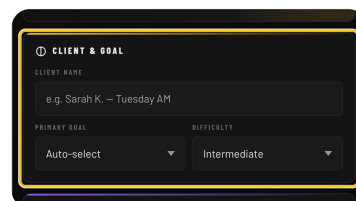
At the top, pick English, Hindi, Spanish or Arabic, and switch between the dark and light look with the moon and sun buttons.



3

Two ways to build

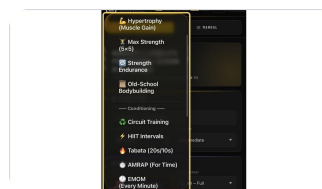
AI Mode writes the whole session for you from a few choices. Manual lets you pick every exercise yourself.



4

Name the client and set the goal

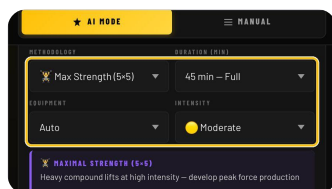
Type the client's name — it goes on the document — then choose the primary goal and the difficulty level.



5

Choose the coaching brain

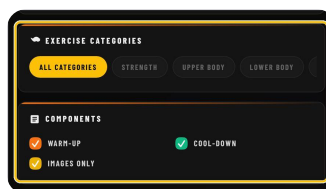
Open Methodology and pick a brain.



6

Set time, equipment and intensity

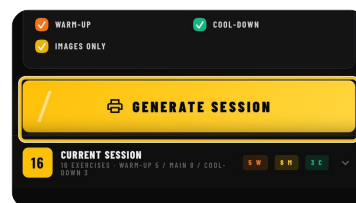
Choose the session length, the equipment available and the intensity.



7

Categories and components

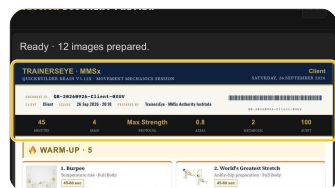
Narrow the exercise pool with the category chips, or leave All categories on.



8

Generate the session

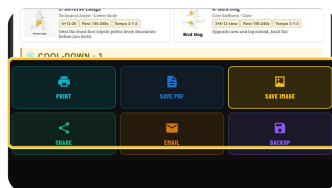
Tap Generate Session. In about thirty seconds the brain builds the full session and opens the document preview.



9

Read the document

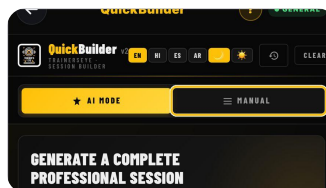
The preview shows the finished document: client and date, the document ID and barcode, the session numbers, then every exercise with its picture, dose and coaching cue.



10

Print, save, share or email

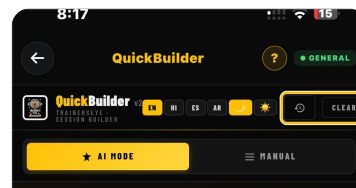
Use the six buttons under the preview: Print, Save PDF, Save Image, Share, Email and Backup.



11

Or pick every exercise yourself

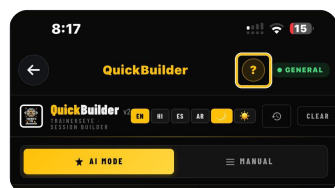
Switch to Manual to browse the exercise library.



12

Start again or bring back a session

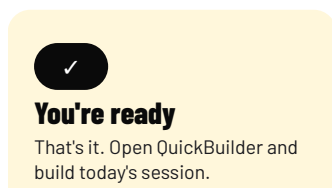
Clear empties the form for a new client. The clock icon opens your session history.



13

Get help any time

Tap the question mark at the top whenever you need help.



You're ready

That's it. Open QuickBuilder and build today's session.

ON THE DOCUMENT

DOCUMENT HEADER · DOCUMENT ID AND BARCODE · SESSION NUMBERS · WARM-UP · EXERCISE CARD · MAIN WORKOUT · COOL-DOWN · MMSX COACHING INTELLIGENCE · FOOTER