

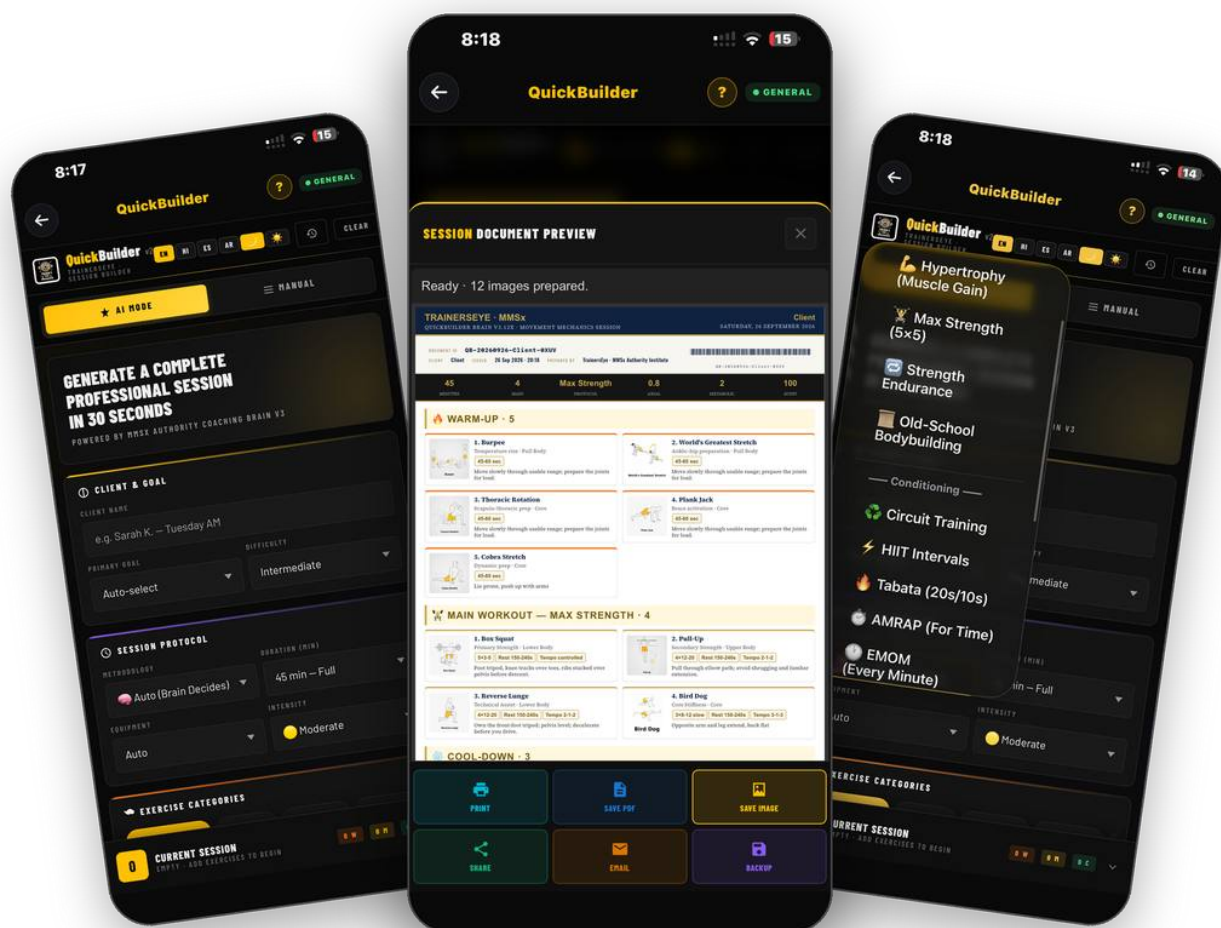


USER GUIDE

QuickBuilder

A complete professional session in 30 seconds.

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





What is QuickBuilder?

QuickBuilder builds a complete, professional training session for a client in about thirty seconds. AI Mode lets one of 21 coaching brains write the session for the goal, time, equipment and intensity you set; Manual lets you pick every exercise yourself. Either way you get warm-up, main work and cool-down on one clean, illustrated document you can print, save, share or email.

Two ways to build

AI Mode writes the session for you; Manual lets you choose each exercise and place it in warm-up, main or cool-down.

21 coaching brains

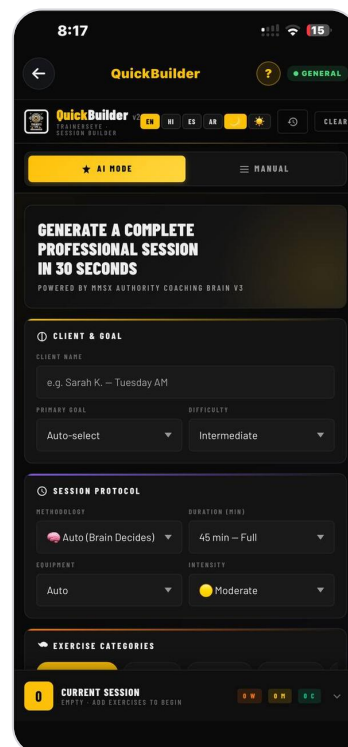
One brain per methodology – hypertrophy, max strength, circuits, HIIT, Tabata, EMOM and more; Auto lets the brain decide.

Ready in 30 seconds

Set the goal, tap Generate, and the finished document appears with every exercise illustrated.

Print, PDF, image, share, email

Six ways to hand the session to a client, plus a backup you can restore later.



Where to find it

Open the TrainersEye app, go to the Dashboard and tap QuickBuilder. It is part of the General plan, so every subscriber can use it.



This guide in thirteen steps

- 1 Open the tool
- 2 Choose your language and look
- 3 Two ways to build
- 4 Name the client and set the goal
- 5 Choose the coaching brain
- 6 Set time, equipment and intensity
- 7 Categories and components
- 8 Generate the session
- 9 Read the document
- 10 Print, save, share or email
- 11 Or pick every exercise yourself
- 12 Start again or bring back a session
- 13 Get help any time



PART 1 · GETTING STARTED

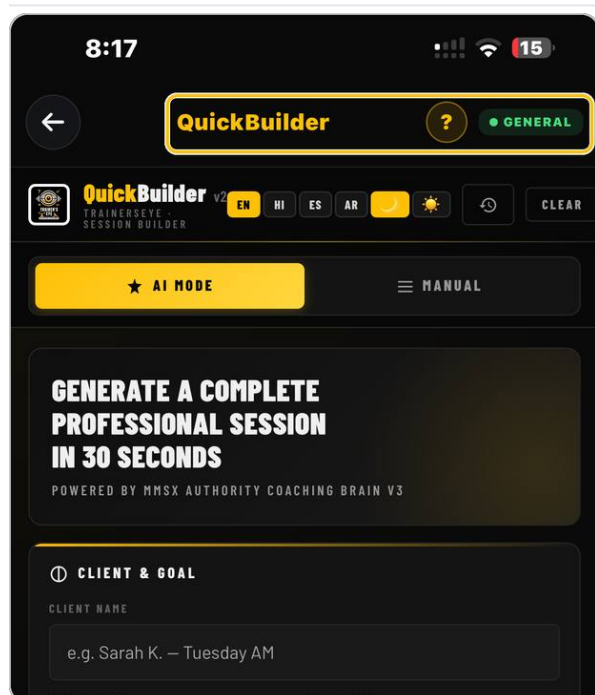
STEP 1

Open the tool

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

TIP

Your plan level shows beside the title, so you always know what is included.



PART 1 · GETTING STARTED

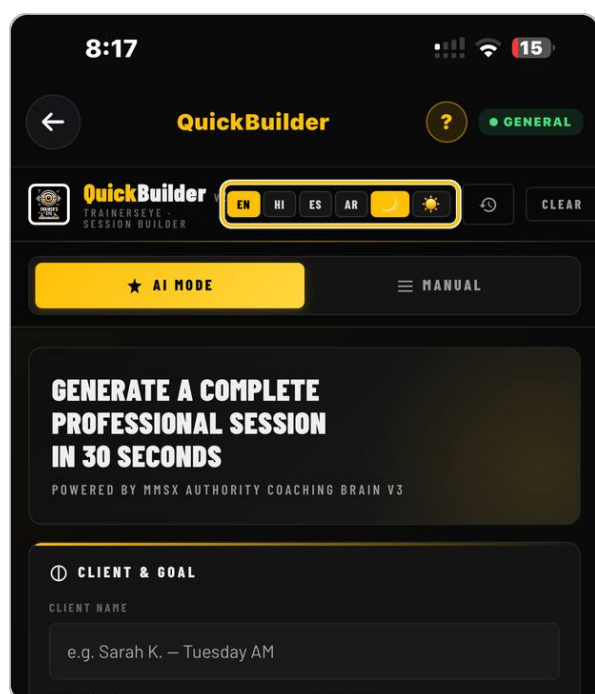
STEP 2

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.

TIP

The light look prints and reads better in daylight; the dark look is easier on the eyes at night.





PART 1 · GETTING STARTED

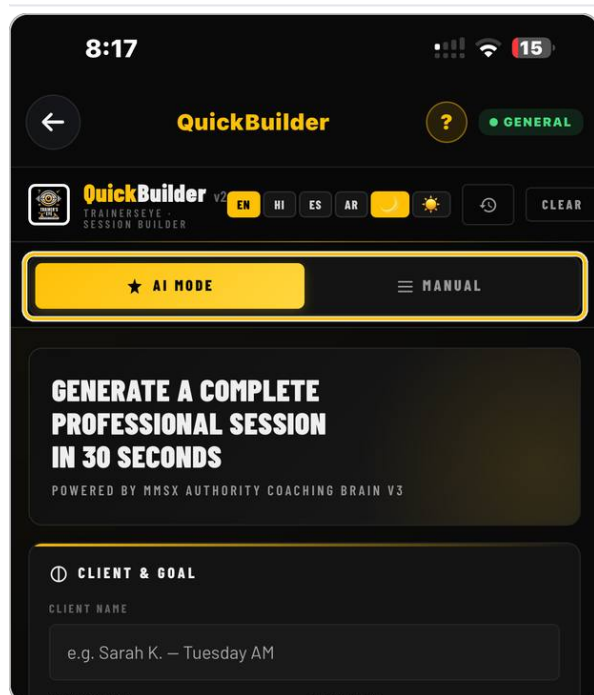
STEP **3**

Two ways to build

AI Mode writes the whole session for you from a few choices. Manual lets you pick every exercise yourself. Start in AI Mode; switch to Manual any time.

TIP

Most coaches build in AI Mode and use Manual to fine-tune a plan for a particular client.



PART 2 · BUILD WITH AI

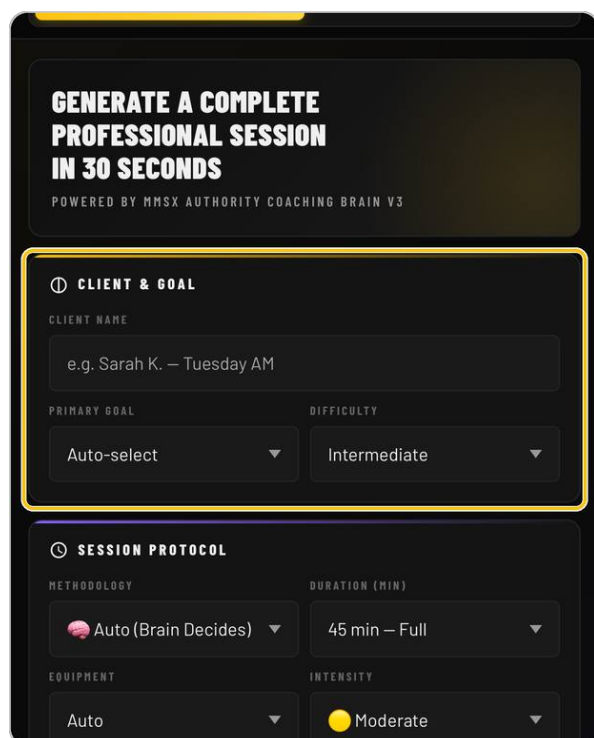
STEP **4**

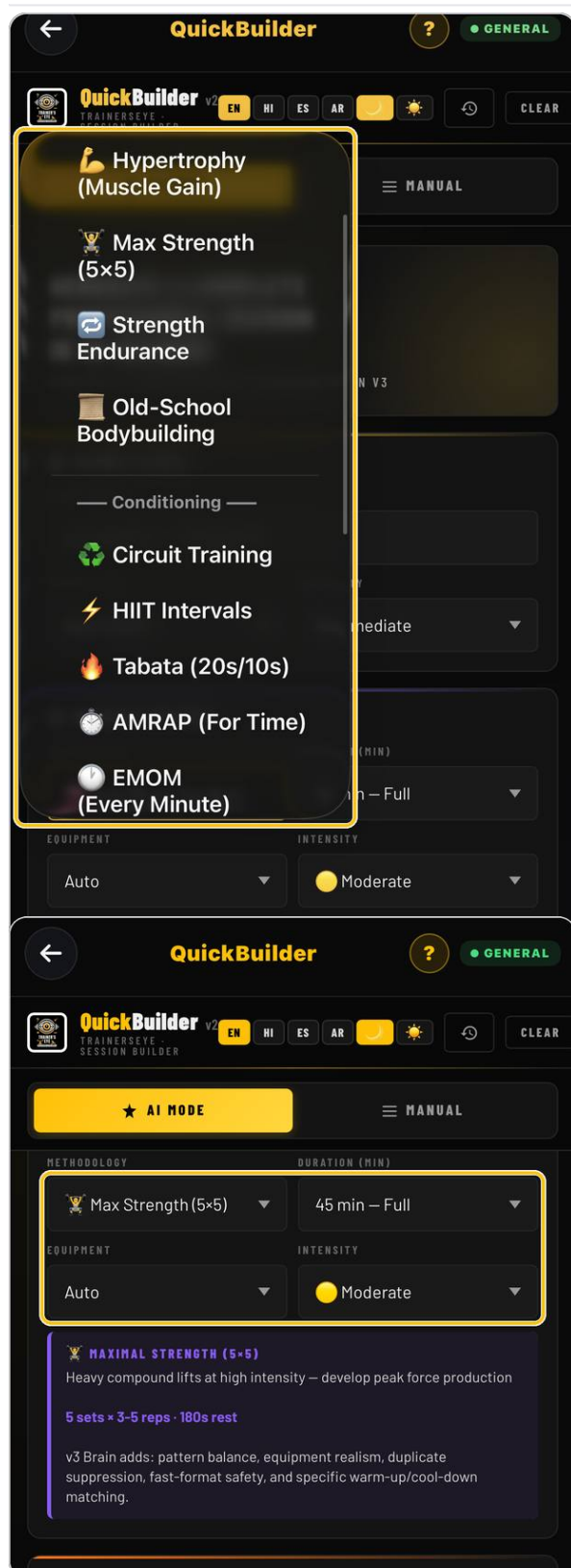
Name the client and set the goal

Type the client's name — it goes on the document — then choose the primary goal and the difficulty level. Auto-select lets the brain choose the goal for you.

TIP

Add the day or time to the name, such as 'Sarah K. — Tuesday AM', so each document is easy to find later.





PART 2 · BUILD WITH AI

STEP 5

Choose the coaching brain

Open Methodology and pick a brain. Each of the 21 brains builds that type of session — hypertrophy, max strength, strength endurance, circuits, HIIT, Tabata, AMRAP, EMOM and more. Auto lets the brain decide.

TIP

The box under the menu explains the method — sets, reps and rest — before you generate.

PART 2 · BUILD WITH AI

STEP 6

Set time, equipment and intensity

Choose the session length, the equipment available and the intensity. Equipment on Auto leaves the choice to the brain.

TIP

Match the duration to the time the client actually has; the brain sizes the warm-up, main work and cool-down to fit.



PART 2 · BUILD WITH AI

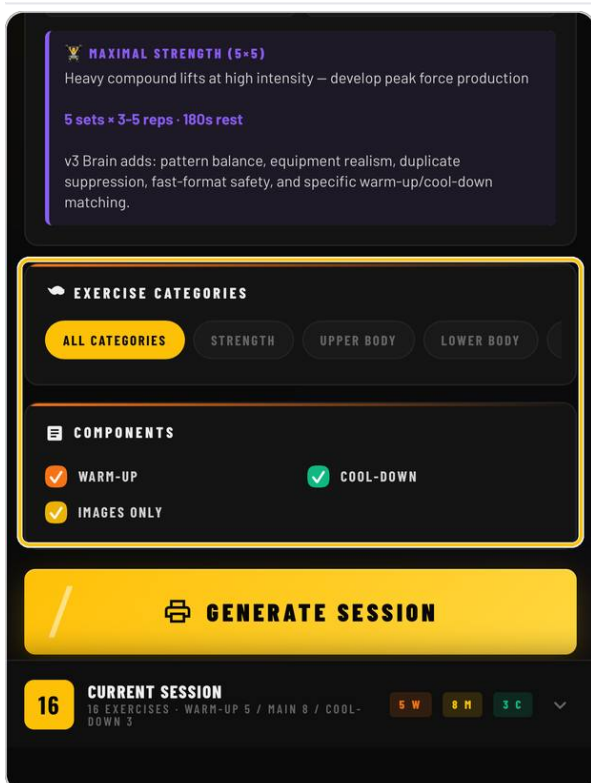
STEP 7

Categories and components

Narrow the exercise pool with the category chips, or leave All categories on. Tick Warm-up and Cool-down to include them, and Images only to keep every exercise illustrated.

TIP

Leave Images only on for client documents — a picture beside every exercise is what clients ask for.



PART 2 · BUILD WITH AI

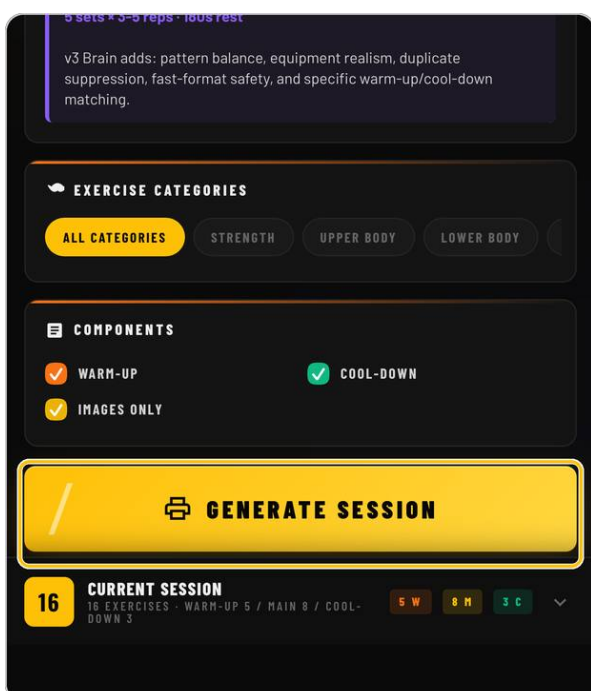
STEP 8

Generate the session

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

TIP

The bar at the bottom counts the exercises as they land — warm-up (W), main (M) and cool-down (C).





PART 3 · YOUR DOCUMENT

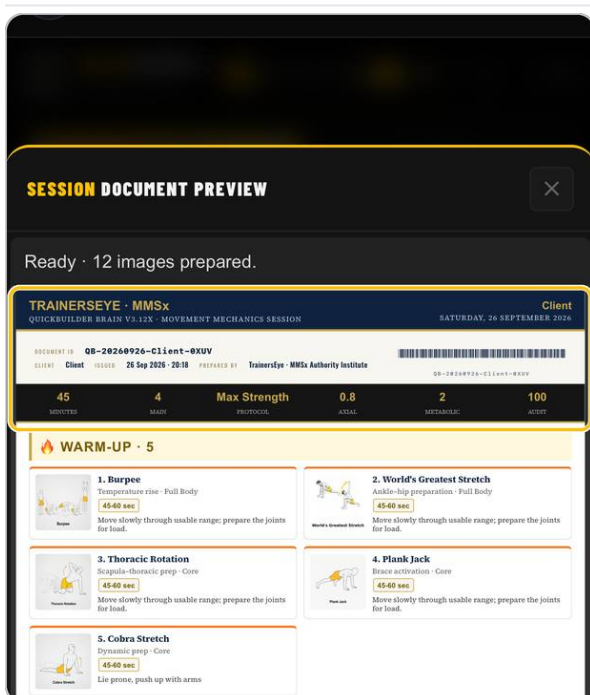
STEP **9**

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.

TIP

Scroll to the foot of the document for the MMSx Coaching Intelligence notes and the quality audit score.



PART 3 · YOUR DOCUMENT

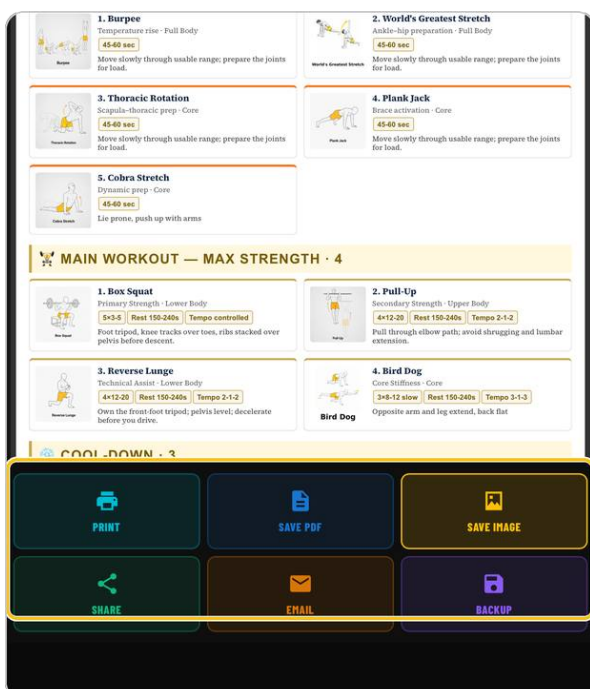
STEP **10**

Print, save, share or email

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

TIP

Save Image gives you a picture to send on WhatsApp; Backup keeps a copy you can restore later.





PART 4 · MANUAL AND MORE

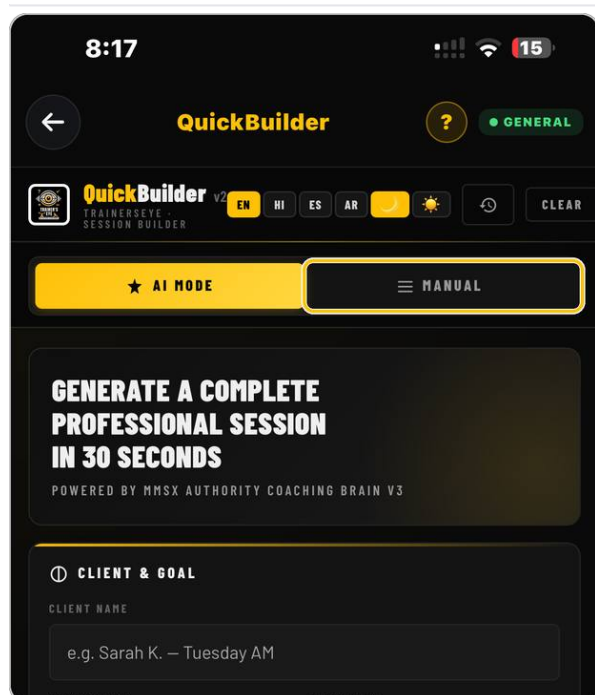
STEP 11

Or pick every exercise yourself

Switch to Manual to browse the exercise library. Tap W, M or C on an exercise to place it in the warm-up, main work or cool-down, then tap Build to make the document.

TIP

The bar at the bottom shows the counts as you build, so you can see when a section is complete.



PART 4 · MANUAL AND MORE

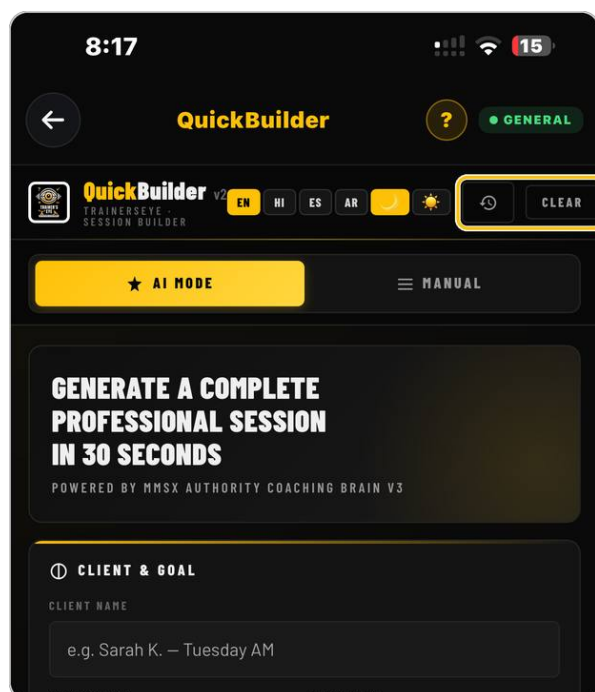
STEP 12

Start again or bring back a session

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

TIP

Build a fresh document for each client rather than editing an old one — the document ID stays unique.





PART 4 · MANUAL AND MORE

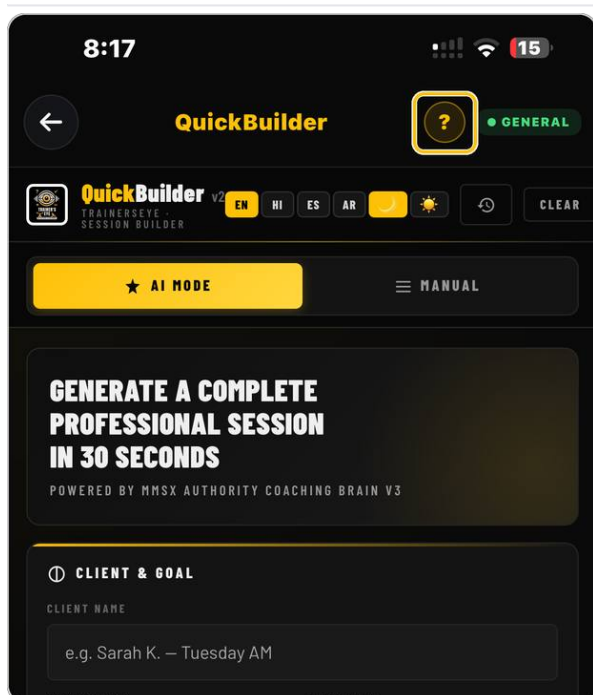
STEP 13

Get help any time

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

TIP

The question mark works on every screen of the tool.



You're ready

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



Reading the session document

Every session is one document. Here is what each part means.

1 Document header
TrainersEye · MMSx branding, the client's name and the date.

2 Document ID and barcode
A unique ID for the session, when it was issued and who prepared it.

3 Session numbers
Minutes, main exercises, protocol, axial and metabolic ratings out of 5, and the quality audit score out of 100.

4 Warm-up
Preparation exercises, each timed in seconds.

5 Exercise card
Picture, name, purpose and body area, the dose chips — sets, reps, rest, tempo — and one coaching cue.

6 Main workout
The working exercises, named for the coaching brain that built them.

7 Cool-down
Reset exercises to finish, timed in seconds.

8 MMSx Coaching Intelligence
The rule behind the session, its mechanical profile and the audit score.

9 Footer
TrainersEye, powered by MMSx Authority Institute, with the web addresses.



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

QUICKBUILDER IS PART OF TRAINERSEYE

Audio version of this guide: trainerseye.com/guides/quickbuilder-guide.html

Support: support@trainerseye.com · trainerseye.com

Powered by the MMSx Authority Coaching Brain · Backed by MMSx Authority Institute

Scale every session to the client's level and stop at pain. Educational content — not medical advice.