



QUICK CARD

Session of the Day

How it works – one page

Session of the Day gives you a complete workout sheet every day – written by certified professionals and laid out on a single page: warm-up, main phases and cool-down, with a picture, a dose and a coaching cue for every exercise.

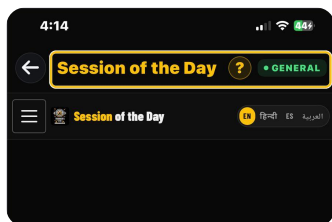
TrainersEye app → Dashboard → Session of the Day · General plan

GETTING STARTED

YOUR SESSION

SAVE AND SHARE

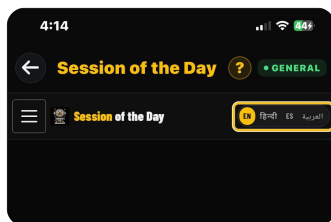
HELP



1

Open the tool

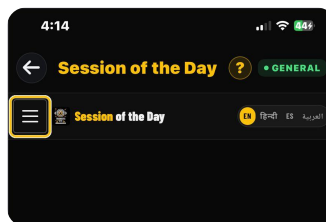
From the Dashboard, tap Session of the Day. It is part of the General plan, so every subscriber can use it.



2

Choose your language

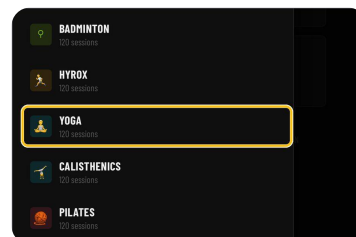
At the top right, pick English, Hindi, Spanish or Arabic. The whole session switches to your language.



3

Open the menu

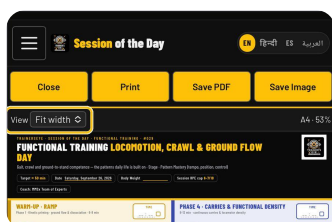
Tap the menu button on the left to open the list of workout categories.



4

Pick a category

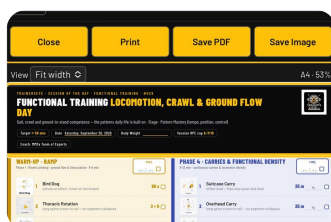
Choose the category that suits you, such as Yoga. Scroll the list to see them all.



5

See the whole sheet

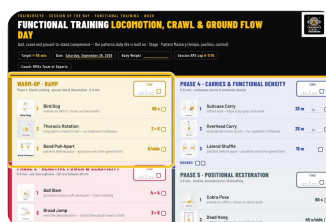
The session opens fitted to your screen. Use the View control to fit the page to your screen or show it at full size.



6

Read the header

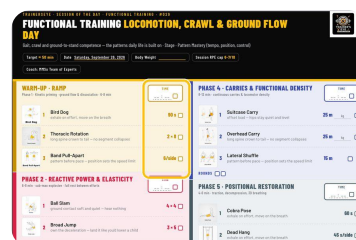
The top of the sheet shows the session name, target time, today's date, a space for your body weight, and the effort limit for the session.



7

Follow the phases

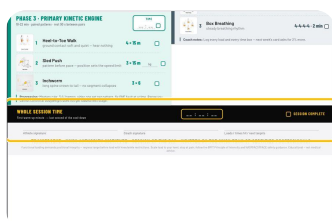
Work down the sheet phase by phase, from warm-up to cool-down. Each exercise shows a picture, its sets and reps, and a short coaching cue underneath.



8

Tick and time

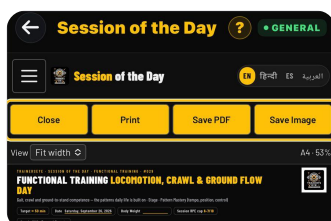
Tick each exercise as you finish it, and write the time for each phase in its time box.



9

Finish the session

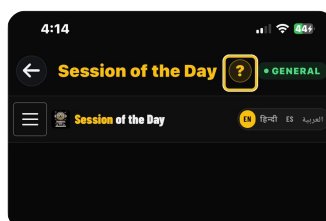
At the bottom, record your whole session time and tick Session Complete. There is space for your signature and your coach's.



10

Print or save

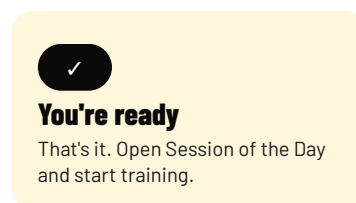
Use the buttons at the top to print the sheet, save it as a PDF, or save it as an image to share. Close takes you back to the categories.



11

Get help any time

Tap the question mark at the top whenever you need help. Come back tomorrow for a brand new session.



ON THE SHEET

SESSION HEADER · PHASES · EXERCISE PICTURE, NAME AND CUE · DOSE AND TICK BOX · PHASE TIME BOX · WHOLE SESSION TIME · SESSION COMPLETE · SIGNATURES AND TARGETS · CREDIT AND SAFETY NOTE · COACH NOTES AND PROGRESSION