

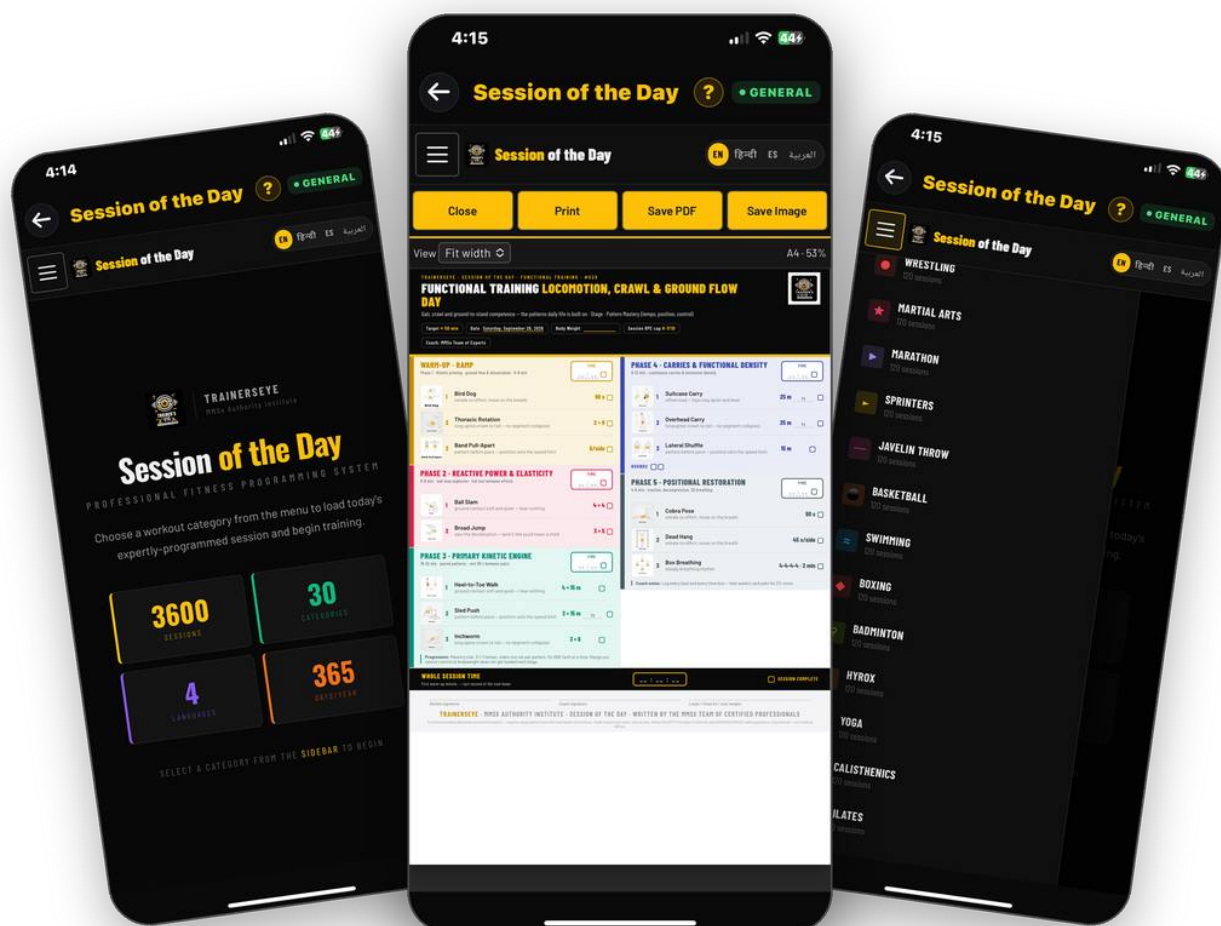


USER GUIDE

Session of the Day

A complete, expert-built workout, every single day.

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





What is Session of the Day?

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. Choose your category once; a fresh session is waiting every morning.

A new session every day

Come back tomorrow and the sheet has changed — no repeats, no planning.

A category for every goal

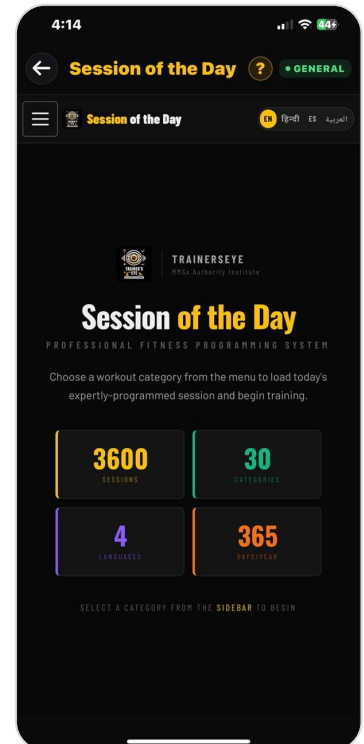
General fitness, strength, fat loss, sports, mind-body and active ageing.

Four languages

English, Hindi, Spanish and Arabic — the whole sheet switches, not just the labels.

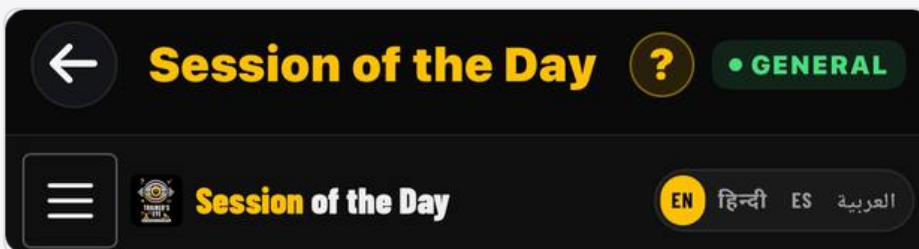
One printable sheet

Print it, save it as a PDF or save it as an image to share with a client.



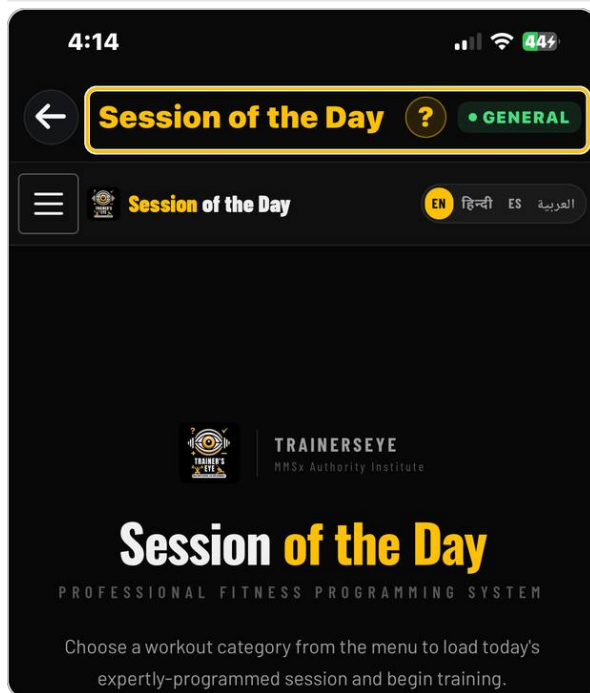
Where to find it

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



This guide in eleven steps

- 1 Open the tool
- 2 Choose your language
- 3 Open the menu
- 4 Pick a category
- 5 See the whole sheet
- 6 Read the header
- 7 Follow the phases
- 8 Tick and time
- 9 Finish the session
- 10 Print or save
- 11 Get help any time



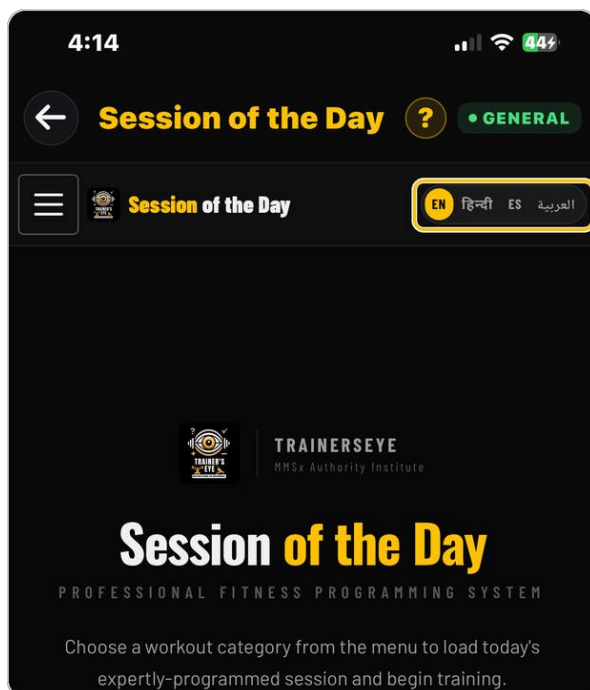
PART 1 · GETTING STARTED

STEP 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.

TIP

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



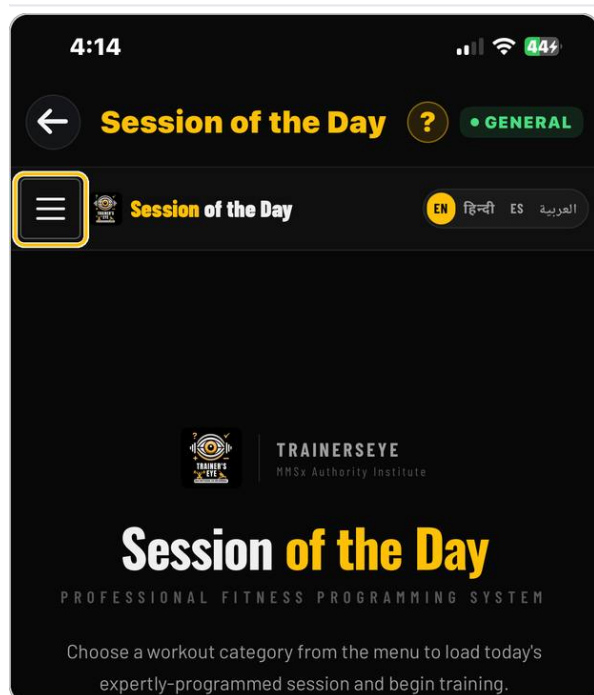
PART 1 · GETTING STARTED

STEP 2 Choose your language

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

TIP

Your choice is remembered the next time you open the tool.



PART 1 · GETTING STARTED

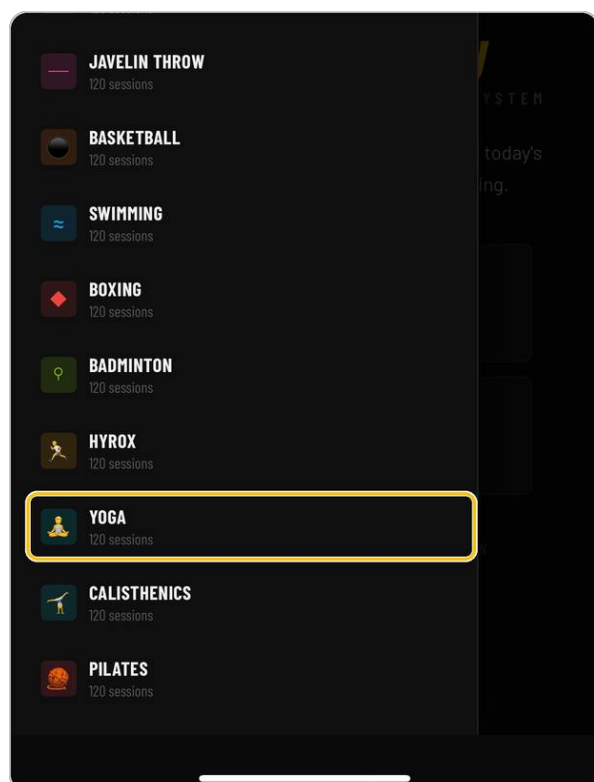
STEP **3**

Open the menu

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

TIP

Categories are grouped, so similar goals sit together in the list.



PART 1 · GETTING STARTED

STEP **4**

Pick a category

Choose the category that suits you, such as Yoga. Scroll the list to see them all. Today's session loads straight away, and a fresh one is ready every day.

TIP

Not sure where to start? Begin with a general fitness category and move to a sport later.



PART 2 · YOUR SESSION

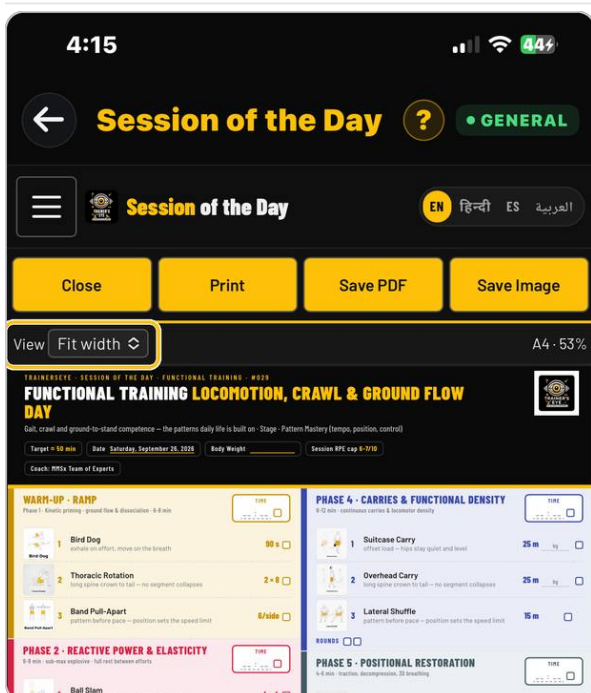
STEP 5

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.

TIP

Fit width reads best on a phone; full size is best for fine print on a tablet or desktop.



PART 2 · YOUR SESSION

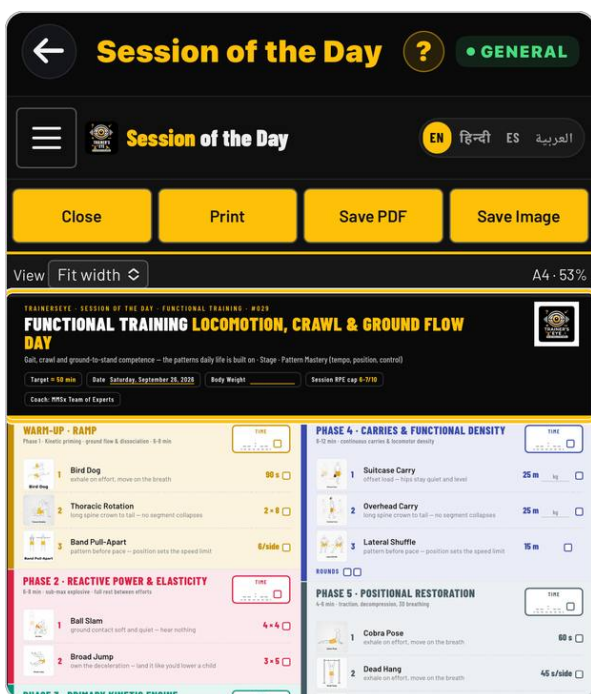
STEP 6

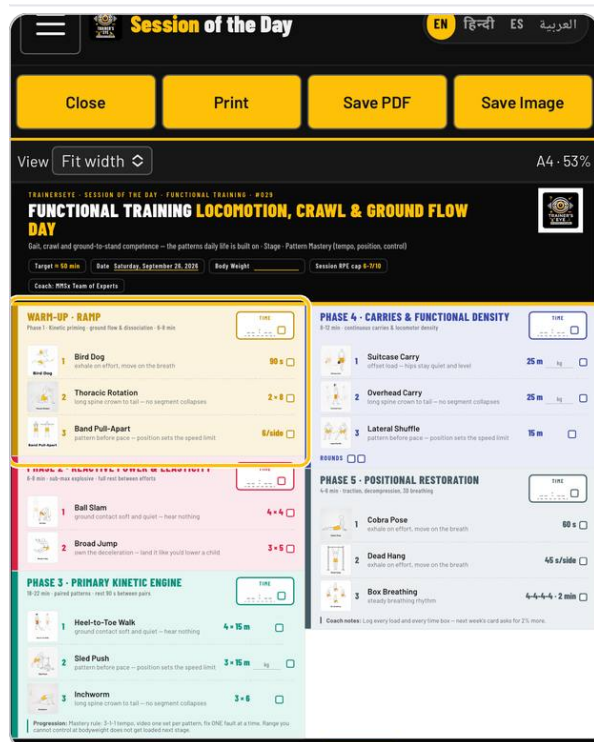
Read the header

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.

TIP

The effort cap is a ceiling, not a target: on a 10-point scale of effort, stay at or below it.





PART 2 · YOUR SESSION

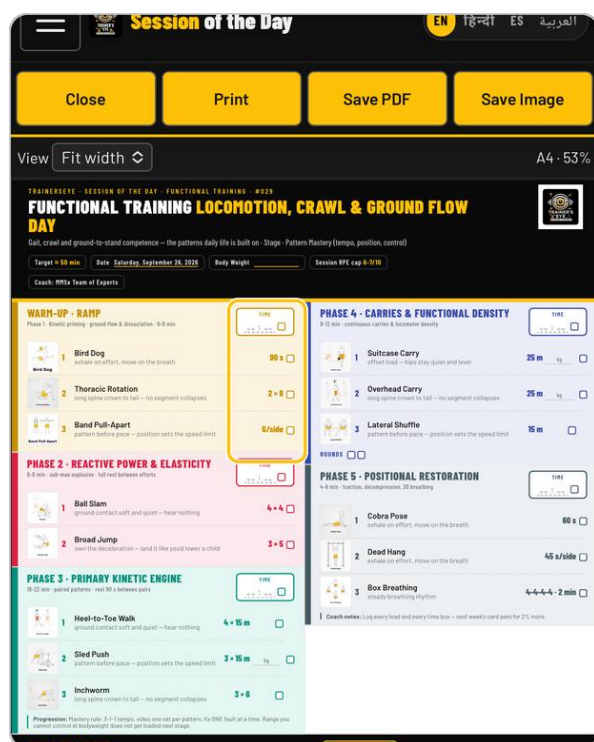
STEP 7

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.

TIP

Keep the order — each phase prepares the body for the next.



PART 2 · YOUR SESSION

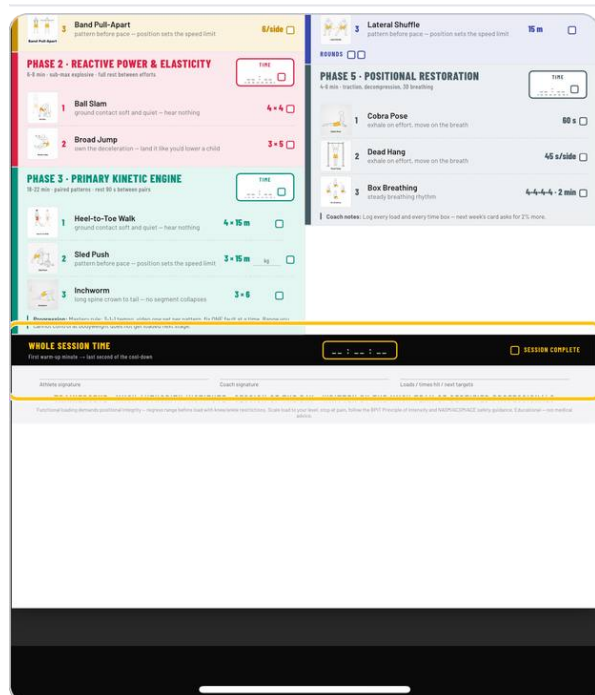
STEP 8

Tick and time

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

TIP

Ticks and times turn a plan into a record you can compare week to week.



PART 2 · YOUR SESSION

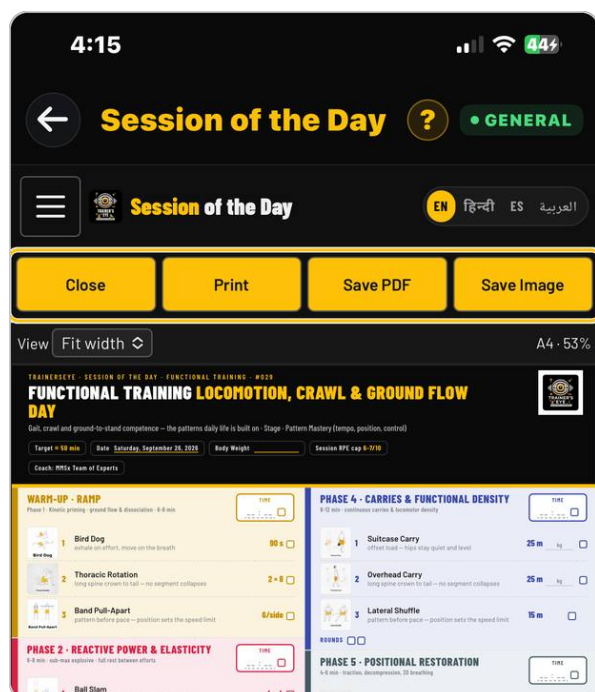
STEP 9

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.

TIP

The signature lines let a coach sign off a client's session.



PART 3 · SAVE AND SHARE

STEP 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.

TIP

Save Image gives you a picture to send on WhatsApp; Save PDF keeps a file for your records.



PART 4 · HELP

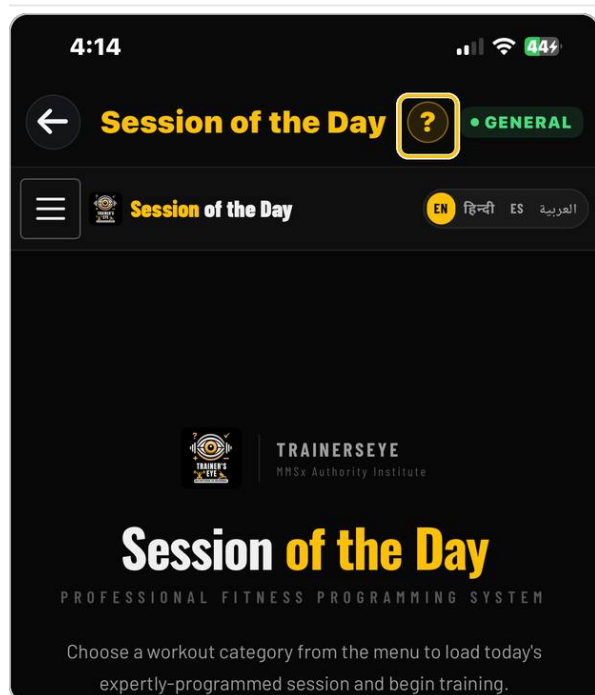
STEP **11**

Get help any time

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

TIP

The question mark works on every screen of the tool.



You're ready

That's it. Open Session of the Day and start training.



Reading the session sheet

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

TRAINERSEYE · SESSION OF THE DAY · FUNCTIONAL TRAINING · #029

FUNCTIONAL TRAINING LOCOMOTION, CRAWL & GROUND FLOW DAY

Gait, crawl and ground-to-stand competence — the patterns daily life is built on - Stage - Pattern Mastery (tempo, position, control)

Target = 60 min Date: Saturday, September 26, 2026 Body Weight: Session RPE cap 6-7/10

Coach: MMSx Team of Experts

WARM-UP · RAMP Phase 1: Kinetic priming - ground flow & dissociation

1 Bird Dog exhale on effort, move on the breath 90 s

2 Thoracic Rotation lung spine crown to tail — no segment collapses 2 x 8

3 Band Pull-Apart pattern before pace — position sets the speed limit 6/side

PHASE 2 · REACTIVE POWER & ELASTICITY 6-8 min - sub-max explosive - full rest between efforts

1 Ball Slam ground contact soft and quiet — hear nothing 4 x 4

2 Broad Jump own the deceleration — land it like you'd lower a child 3 x 5

PHASE 3 · PRIMARY KINETIC ENGINE 10-22 min - paired patterns - rest 90 s between pairs

1 Heel-to-Toe Walk ground contact soft and quiet — hear nothing 4 x 15 m

2 Sled Push pattern before pace — position sets the speed limit 3 x 15 m

3 Inchworm lung spine crown to tail — no segment collapses 3 x 6

PHASE 4 · CARRIES & FUNCTIONAL DENSITY 7-12 min - continuous carries & locomotor density

1 Suitcase Carry offset load — hips stay quiet and level 25 m

2 Overhead Carry long spine crown to tail — no segment collapses 25 m

3 Lateral Shuffle pattern before pace — position sets the speed limit 15 m

PHASE 5 · POSITIONAL RESTORATION 4-6 min - traction, decompression, 3D breathing

1 Cobra Pose exhale on effort, move on the breath 60 s

2 Dead Hang exhale on effort, move on the breath 45 s/side

3 Box Breathing steadily breathing rhythm 4-4-4-4 · 2 min

Coach notes: Log every load and every time box — next week's card asks for 2% more.

WHOLE SESSION TIME First warm-up minute — last second of the cool-down

Trainerseye · MMSx AUTHORITY INSTITUTE · SESSION OF THE DAY · WRITTEN BY THE MMSx TEAM OF CERTIFIED PROFESSIONALS

Functional loading demands positional integrity — regress range before load with knowledge restrictions. Scale load to your best, stop at pain, follow the BPTT Principle of intensity and RAMP/SPACE safety guidance. E-Buildings — not medical advice.

- 1 Session header**
Session name and category, target time, today's date, body weight, effort cap and coach.
- 2 Phases**
Colour-coded blocks from warm-up to cool-down, each with its own aim and time.
- 3 Exercise picture, name and cue**
How to do the movement, and the one thing to get right.
- 4 Dose and tick box**
Sets, reps, distance or time — tick the box when the exercise is done.
- 5 Phase time box**
Write the time each phase actually took.
- 6 Whole session time**
From the first warm-up minute to the last second of the cool-down.
- 7 Session Complete**
Tick it when you finish.
- 8 Signatures and targets**
Athlete and coach sign; note loads and times for the next session.
- 9 Credit and safety note**
Written by the MMSx team of certified professionals. Educational — not medical advice.
- 10 Coach notes and progression**
How to progress next week, and the rule for moving up a stage.



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

SESSION OF THE DAY IS PART OF TRAINERSEYE

Audio version of this guide: trainerseye.com/guides/session-of-the-day-guide.html

Support: support@trainerseye.com · trainerseye.com

Sessions written by the MMSx team of certified professionals · Backed by MMSx Authority Institute
Scale every session to your level and stop at pain. Educational content — not medical advice.