

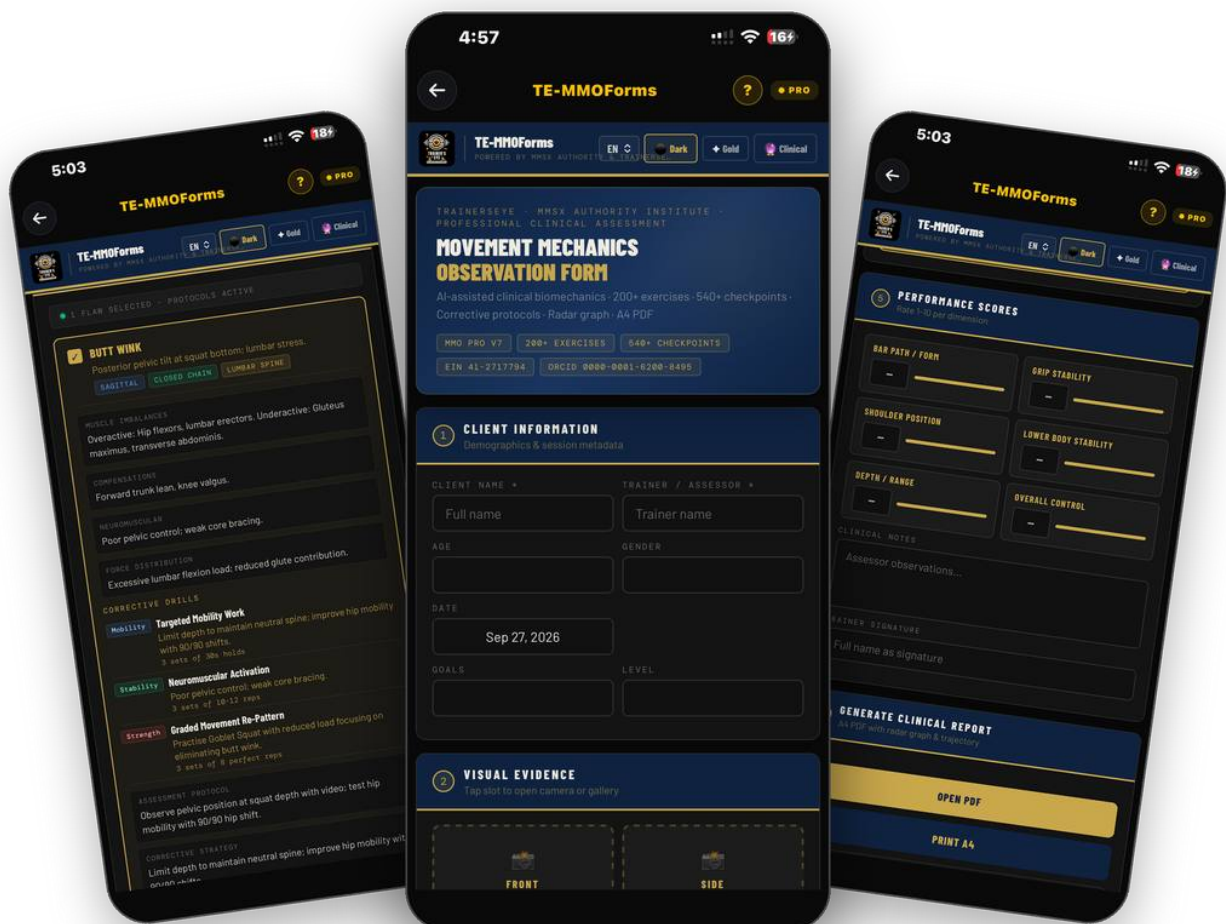


USER GUIDE

TE-MMOForms

Movement Mechanics Observation Form – observe, tick the flaws, get the corrective protocol and the A4 report.

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





What is TE-MMOForms?

TE-MMOForms is the Movement Mechanics Observation Form – the professional clinical assessment for a single exercise. Record the client, attach front, side, rear and detail photographs, choose the movement pattern, and the form loads its checkpoints. Tick the flaws you observe and each one opens its protocol: muscle imbalances, compensations, neuromuscular control, force distribution, corrective drills with dose, an assessment protocol and a corrective strategy. Score six performance dimensions, add clinical notes and your signature, and generate the A4 clinical report with radar graph and trajectory. AI-assisted clinical biomechanics, 200+ exercises, 540+ checkpoints, powered by MMSx Authority and TrainersEye.

One exercise, every checkpoint

Search the movement pattern and the form loads its checkpoints – the flaws a trained eye looks for in that lift.

Evidence attached

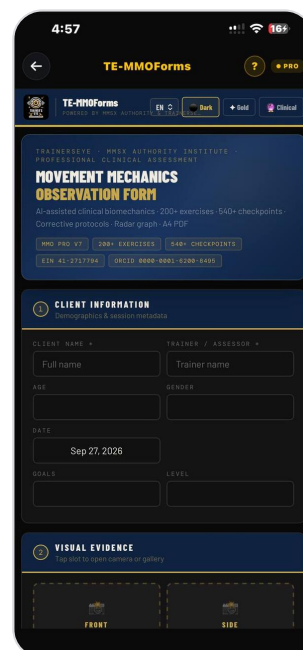
Front, side, rear and detail photographs from the camera or the gallery, printed with the report.

A protocol for every flaw

Imbalances, compensations, neuromuscular control, force distribution, corrective drills with sets and reps, assessment protocol and strategy.

Scores, notes and the A4 report

Six performance dimensions rated 1-10, clinical notes, trainer signature, then the A4 PDF with radar graph and trajectory.



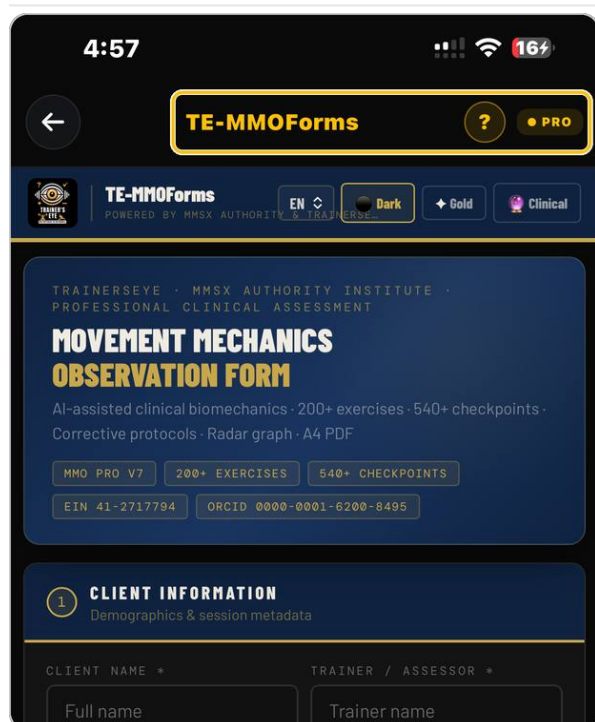
Where to find it

Open the TrainersEye app, go to the Dashboard and tap TE-MMOForms. 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 and look
- 3 What the form does
- 4 Client information
- 5 Visual evidence
- 6 Movement pattern
- 7 Tick the flaws
- 8 What each flaw carries
- 9 Corrective drills
- 10 Assessment protocol and strategy
- 11 Performance scores
- 12 Clinical notes and signature
- 13 Generate the clinical report



PART 1 · GETTING STARTED

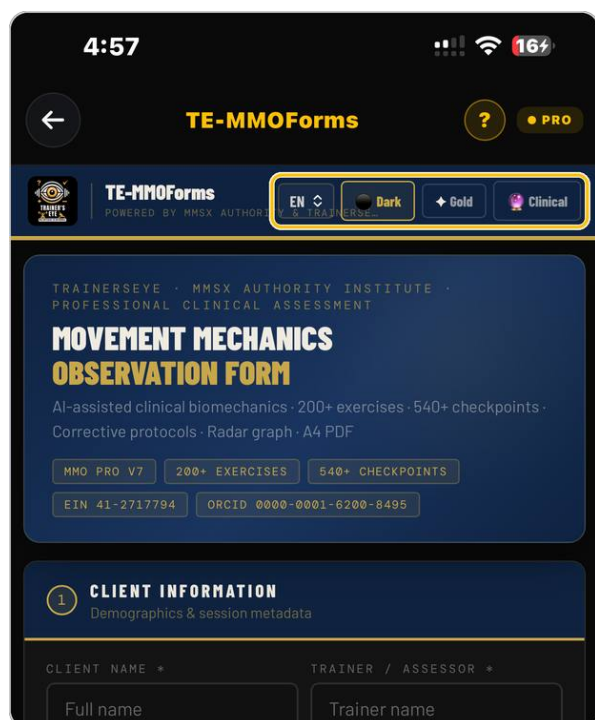
STEP 1

Open the tool

From the Dashboard, tap TE-MMOForms – the Movement Mechanics Observation Form, powered by MMSx Authority and TrainersEye. 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 and look

EN sets the language – English, Hindi, Spanish or Arabic. Dark, Gold and Clinical switch the look of the form.

TIP

Clinical is the light look for a clinic screen or a printed page; Dark and Gold for the phone.



PART 1 • GETTING STARTED

STEP 3

What the form does

The header states the scope: AI-assisted clinical biomechanics, 200+ exercises, 540+ checkpoints, corrective protocols, radar graph, A4 PDF – with the institute's EIN and the principal investigator's ORCID.

TIP

The chips are the form's credentials; they print on the report too.

The screenshot shows the top part of the app. At the top, there's a status bar with the time 4:57 and battery level 16%. Below that, a navigation bar contains a back arrow, the title 'TE-MMOForms', a help icon, and a 'PRO' badge. Underneath, there's a header section with the app name, a language selector (EN), a theme selector (Dark), and a 'Gold' badge. The main content area has a dark blue background with white text. It lists the scope: 'TRAINERSEYE • MMSX AUTHORITY INSTITUTE • PROFESSIONAL CLINICAL ASSESSMENT'. Below this, it says 'MOVEMENT MECHANICS OBSERVATION FORM' and 'AI-assisted clinical biomechanics • 200+ exercises • 540+ checkpoints • Corrective protocols • Radar graph • A4 PDF'. There are two rows of chips: 'MMO PRO V7', '200+ EXERCISES', '540+ CHECKPOINTS' and 'EIN 41-2717794', 'ORCID 0000-0001-6200-8495'. The bottom section is titled '1 CLIENT INFORMATION' with the subtitle 'Demographics & session metadata'. It has two input fields: 'CLIENT NAME *' (Full name) and 'TRAINER / ASSESSOR *' (Trainer name). Below these are fields for 'AGE' and 'GENDER'.

PART 2 • RECORD THE OBSERVATION

STEP 4

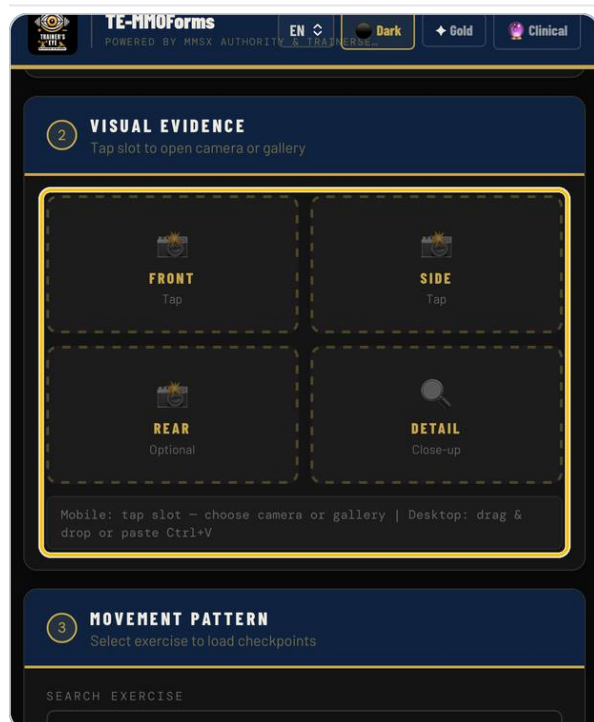
Client information

Enter the client's name and your own as trainer or assessor – both required – then age, gender, date, goals and level.

TIP

Goals and level shape the corrective strategy; a beginner and an athlete get different doses.

This screenshot shows the 'CLIENT INFORMATION' section of the app. It has the same header as the previous screenshot. The 'CLIENT INFORMATION' section is expanded, showing input fields for 'Full name', 'Trainer name', 'AGE', 'GENDER', 'DATE' (with a date picker showing 'Sep 27, 2026'), 'GOALS', and 'LEVEL'. Below this is a section titled '2 VISUAL EVIDENCE' with the subtitle 'Tap slot to open camera or gallery'. It features a dashed rectangular box for a photo or video slot.



PART 2 · RECORD THE OBSERVATION

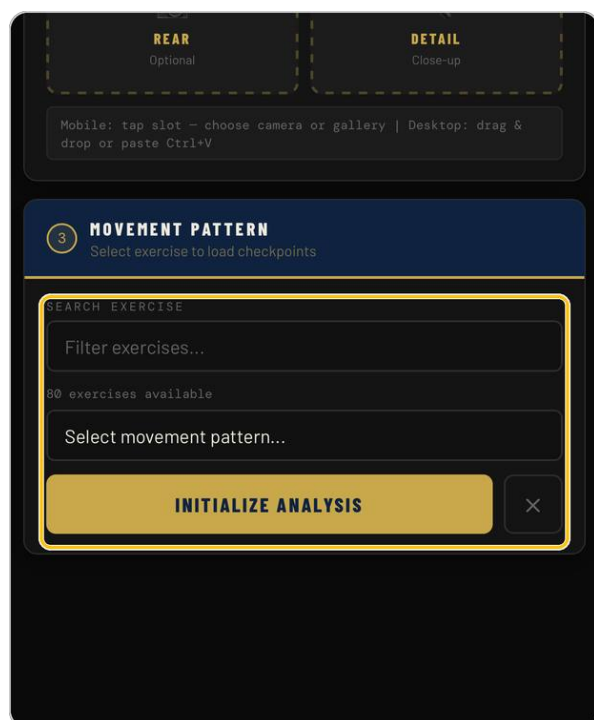
STEP 5

Visual evidence

Tap a slot to take a photograph or pick one from the gallery: Front and Side are the two views to capture; Rear is optional; Detail is a close-up of the joint or the fault.

TIP

Shoot the client at the bottom of the movement, camera at hip height, square to the plane you are judging.



PART 2 · RECORD THE OBSERVATION

STEP 6

Movement pattern

Search or choose the exercise, then tap Initialize Analysis. The form loads the checkpoints for that lift.

TIP

The cross beside the button clears the selection so you can start a different exercise.



PART 2 · RECORD THE OBSERVATION

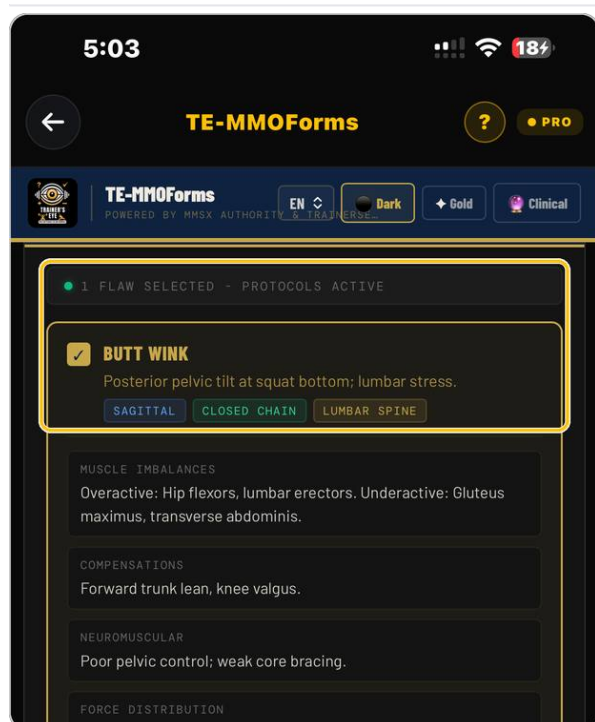
STEP 7

Tick the flaws

Section 4 lists the checkpoints. Tick each flaw you observe; the counter confirms how many are selected and that their protocols are active.

TIP

Tick only what you saw – every ticked flaw prints its full protocol in the report.



PART 3 · READ THE PROTOCOL

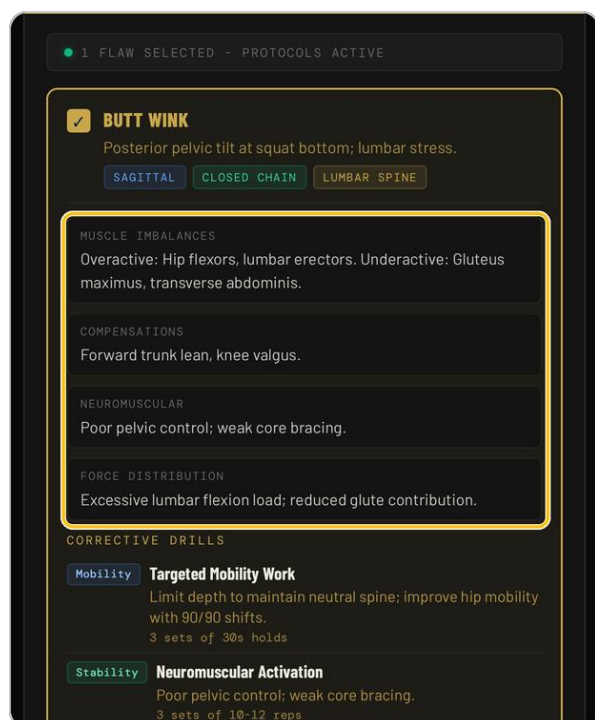
STEP 8

What each flaw carries

Each flaw opens with what it is and its plane, chain and region, then four blocks: muscle imbalances – overactive and underactive – compensations, neuromuscular control and force distribution.

TIP

Force distribution is the mechanical reason the flaw matters – where the load goes when the pattern fails.





PART 3 · READ THE PROTOCOL

STEP 9

Corrective drills

Then the corrective drills – mobility, stability, strength or technique – each with its dose: sets, reps, holds or when to practise.

TIP

The drills are ordered mobility, stability, strength – restore range, then control, then load.

COMPENSATIONS

Forward trunk lean, knee valgus.

NEUROMUSCULAR

Poor pelvic control; weak core bracing.

FORCE DISTRIBUTION

Excessive lumbar flexion load; reduced glute contribution.

CORRECTIVE DRILLS

Mobility

Targeted Mobility Work
 Limit depth to maintain neutral spine; improve hip mobility with 90/90 shifts.
 3 sets of 30s holds

Stability

Neuromuscular Activation
 Poor pelvic control; weak core bracing.
 3 sets of 10-12 reps

Strength

Graded Movement Re-Pattern
 Practise Goblet Squat with reduced load focusing on eliminating butt wink.
 3 sets of 8 perfect reps

ASSESSMENT PROTOCOL

Observe pelvic position at squat depth with video; test hip mobility with 90/90 hip shift.

CORRECTIVE STRATEGY

Limit depth to maintain neutral spine; improve hip mobility with 90/90 shifts.

PART 3 · READ THE PROTOCOL

STEP 10

Assessment protocol and strategy

The card closes with the assessment protocol – how to test the flaw with video and a mobility test – and the corrective strategy in one line.

TIP

Re-test with the same protocol at the next session; the report's trajectory is built on it.

NEUROMUSCULAR

Poor T-spine extension control; weak front rack stability.

FORCE DISTRIBUTION

Excessive thoracic flexion load; reduced spinal stability.

CORRECTIVE DRILLS

Technique

Raise Elbows to Shoulder Height
 Raise your elbows to shoulder height during face pulls to target rear delts effectively.
 Practice during working sets

Strength

Y-Raises
 Strengthen rear delts with Y-raises to improve elbow positioning.
 3 sets of 12 reps

ASSESSMENT PROTOCOL

Assess elbow position during squat with video; test T-spine mobility with seated rotation.

CORRECTIVE STRATEGY

Keep elbows high; improve T-spine mobility with foam rolling.

5

PERFORMANCE SCORES



PART 4 · SCORE AND REPORT

STEP 11

Performance scores

Rate six dimensions from 1 to 10 – bar path or form, grip stability, shoulder position, lower-body stability, depth or range, overall control – by typing or sliding.

TIP

The six scores draw the radar graph in the report.

PART 4 · SCORE AND REPORT

STEP 12

Clinical notes and signature

Add assessor observations in the clinical notes, then type your full name as the trainer signature.

TIP

The signature attests the form – the report prints it under the notes.



PART 4 · SCORE AND REPORT

STEP **13**

Generate the clinical report

Tap Open PDF for the A4 clinical report with radar graph and trajectory, or Print A4 to print it directly.

TIP

Open PDF to save and share; Print A4 for the clinic printer.

DEPTH / RANGE

OVERALL CONTROL

CLINICAL NOTES

Assessor observations...

TRAINER SIGNATURE

Full name as signature

6 GENERATE CLINICAL REPORT
A4 PDF with radar graph & trajectory

OPEN PDF

PRINT A4



You're ready

That's it. Open TE-MM0Forms, choose the exercise and record the first observation.

Every ticked flaw opens the same card. Here is what each part means.

- 1 Flaw and tick**
The flaw's name; the tick means its protocol is active and will print.
- 2 What it is**
One line — the fault and the tissue it stresses.
- 3 Plane, chain, region**
Sagittal or frontal; open or closed chain; the joint or spinal region.
- 4 Muscle imbalances**
Overactive and underactive muscles behind the flaw.
- 5 Compensations**
What the body does instead when the pattern fails.
- 6 Neuromuscular and force distribution**
Control deficit, and where the load goes.
- 7 Corrective drills**
Mobility, stability, strength or technique — each with its dose.
- 8 Assessment protocol and strategy**
How to test the flaw, and the one-line corrective strategy.



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

TE-MMOFORMS IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

TE-MMOForms · MMO Pro · Powered by MMSx Authority Institute and TrainersEye

Professional clinical assessment for trained assessors. Observations, scores and corrective protocols support a practitioner's judgement; they are not a medical diagnosis. Refer clients with pain or a diagnosed condition to a clinician.