When trim testing my new Embryo, I used a really simple method of loading the rubber motor. This works if you employ an aluminum tube for the rear motor peg.

After putting the motor on you stuffing stick, align it at the rear hole as usual. Then use a wire tool with a smooth end to go through the fuselage holes and through the motor loop. Without removing the wire, remove the stuffer then slip the tubular motor peg over the protruding end of the wire and through both fuselage sides. If the motor is loose in the fuselage, the motor peg will not catch on the motor. John Hutchison our local guru watched in amazement and said "Wow".