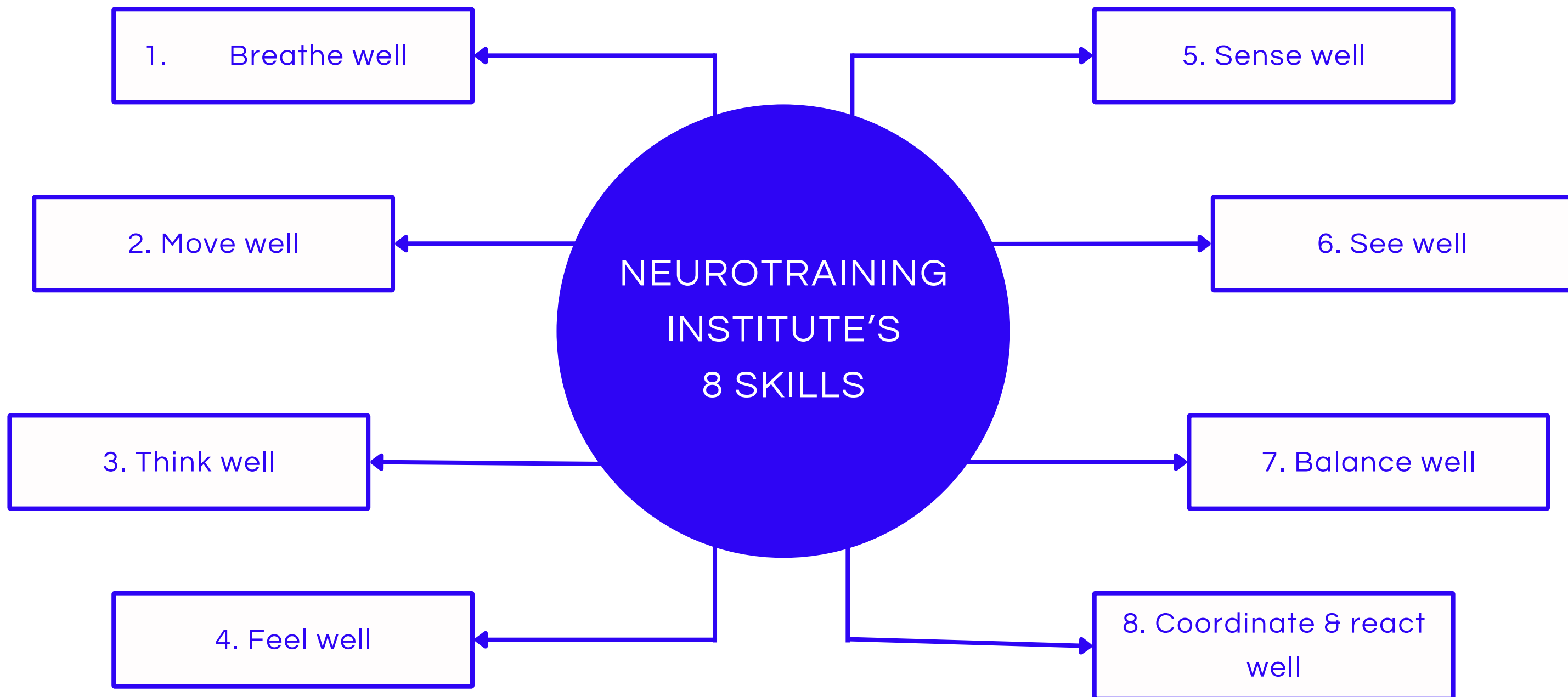
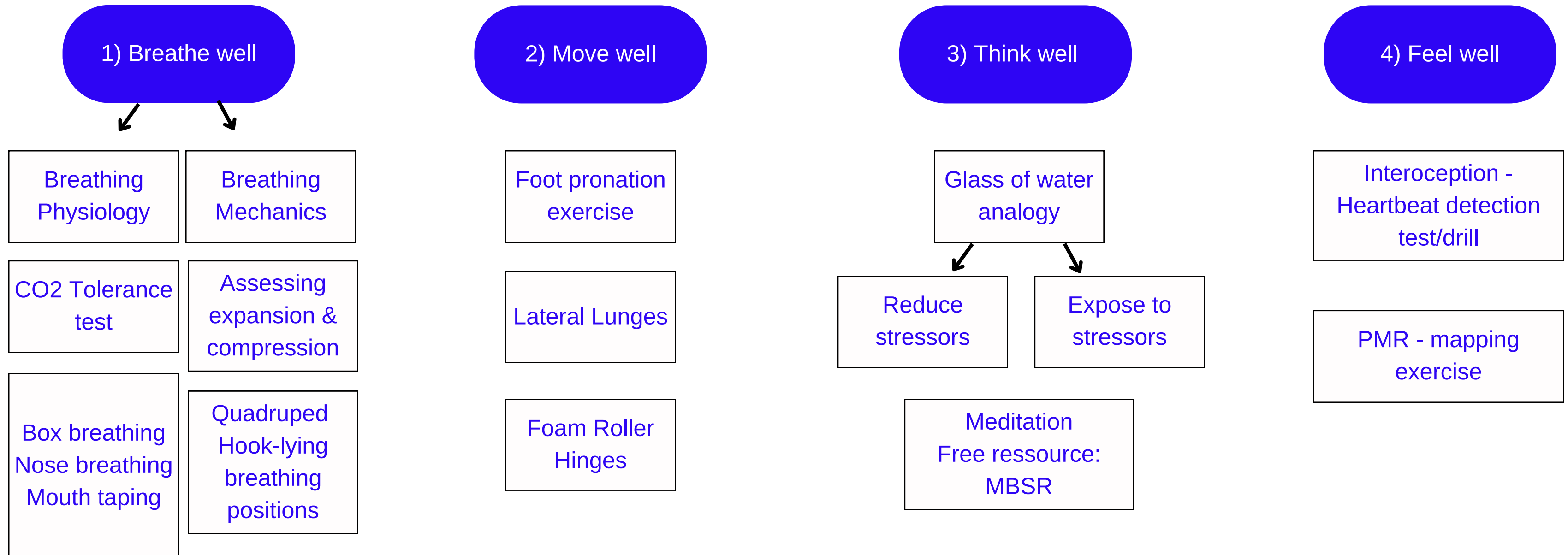


2-Day Neurotraining Seminar - Exercise Cheat Sheet



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5) Sense well



Tactile

Proprioceptive

2-Point
Discrimination
Assessment/Drill

Rombergs Test

Fukuda - Marching
Exercise

Tennis ball
Shoulder Circles

Proprioception
Compass

6) See well

Eye dominance
test

Convergence test

Pencil Push-Ups
Near & Far Jumps
Saccades
Unilateral
Exercises

7) Balance well

Rombergs with
head rotations

Rolling & rocking
exercises

Jumps/Vertical
Bouncing

8) React & coordinate well



Cerebellum -
RAPS test

Stroop Test/Drill

Coordinative
exercises - circles,
figure 8s, etc.

Stroop Effect (App)



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