

# Chance Neurotraining Protocol

System	Drill	Position	Sets	Duration	Notes
<b>Stroop Chart Exercise</b>	Stroop Chart	Upper Lower	3	60 sec.	- Track lines - Track errors
<b>Stroop Effect App</b>	App	Red - move to the left Green - move to the right	3	60 sec.	- Track progress
<b>Cerebellum</b>	Right side 3 commands Shoulder Wrist	- Standing	3	60 sec.	- Try as hard as you can
<b>VS - Utricle &amp; Saccule + Proprioception</b>	- Jumping Lunges - Head Tilt R & L - Eyes Closed	Lunging	3	30 sec.	- Box out an area that you don't want to leave
<b>Visual - Binocular Vision</b>	Brockstring	Seated	3	60 sec.	- Touch beads
<b>Visual - Binocular</b>	Depth Perception Drill	Standing/Moving	3	60 sec.	- Touch the target as accurately as possible