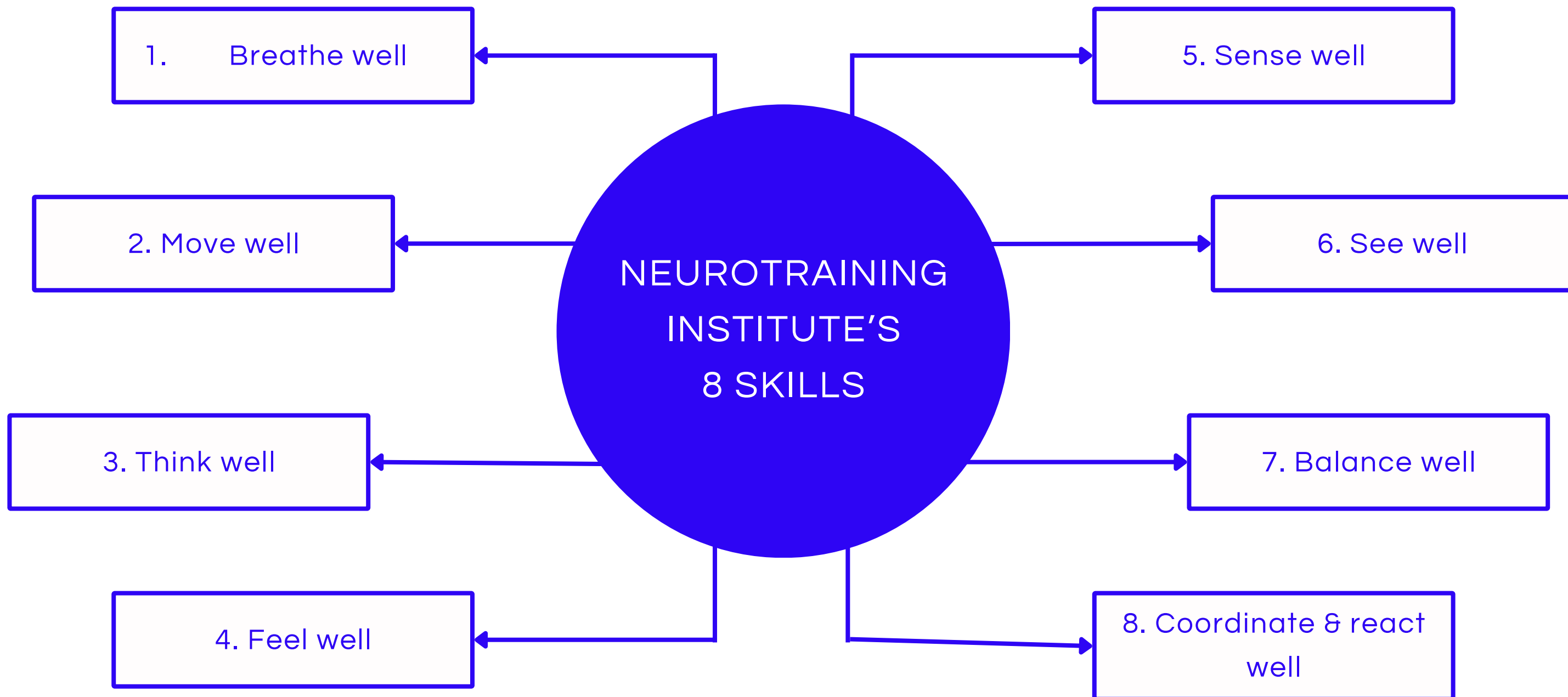
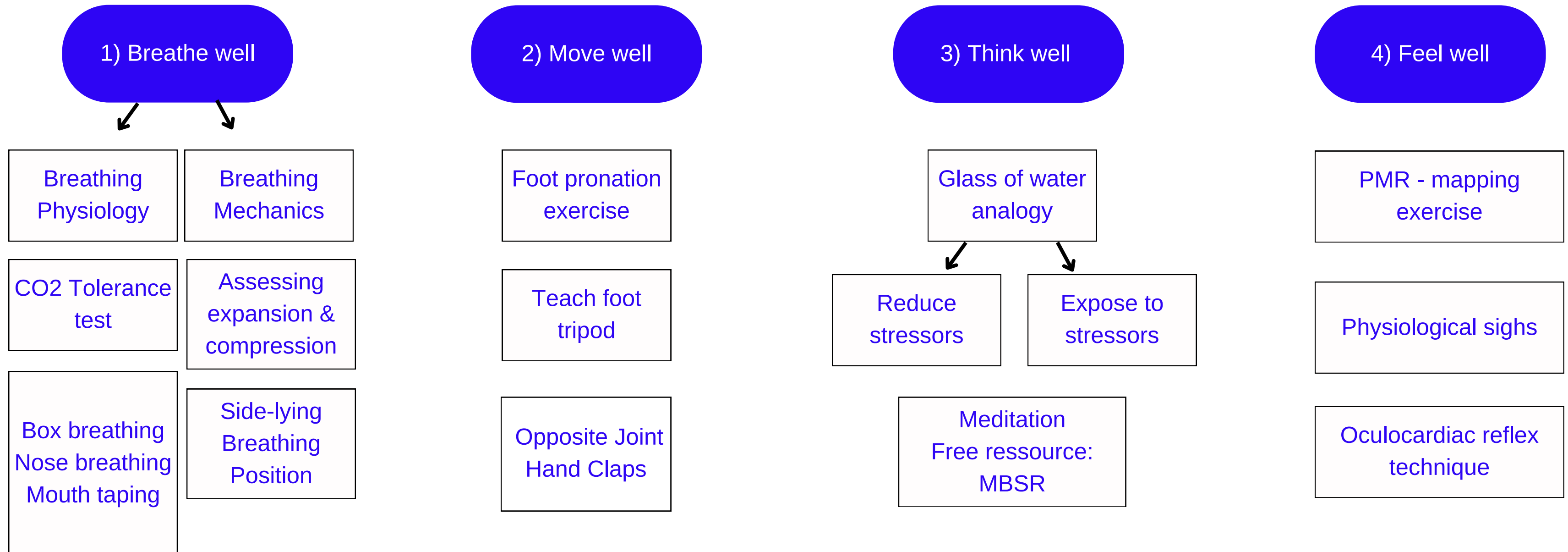


# 2-Day Neurotraining Seminar - Exercise Cheat Sheet



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## 5) Sense well

Auditory

Proprioceptive/  
Tactile

Auditory mapping  
exercise

Rombergs Test

Fukuda - Marching  
Exercise

Proprioception  
Compass

2-Point  
Discrimination  
Assessment/Drill

## 6) See well

Eye dominance  
test

Convergence test

Pencil Push-Ups  
Unilateral Pencil  
Push Ups  
Big H Exercise  
Saccades

Peripheral Vision  
Test/Drill

## 7) Balance well

Head Rotations  
including balance  
tasks

Rolling & rocking  
exercises

Jumps/Vertical  
Bouncing -  
Saccule

Horizontal  
Movements -  
Utricle

## 8) React & coordinate well

Cerebellum -  
RAPS test

Coordinative  
exercises - circles,  
figure 8s, etc.

Stroop Test/Drill

Stroop Effect (App)

Opposite Joint  
Hand Claps