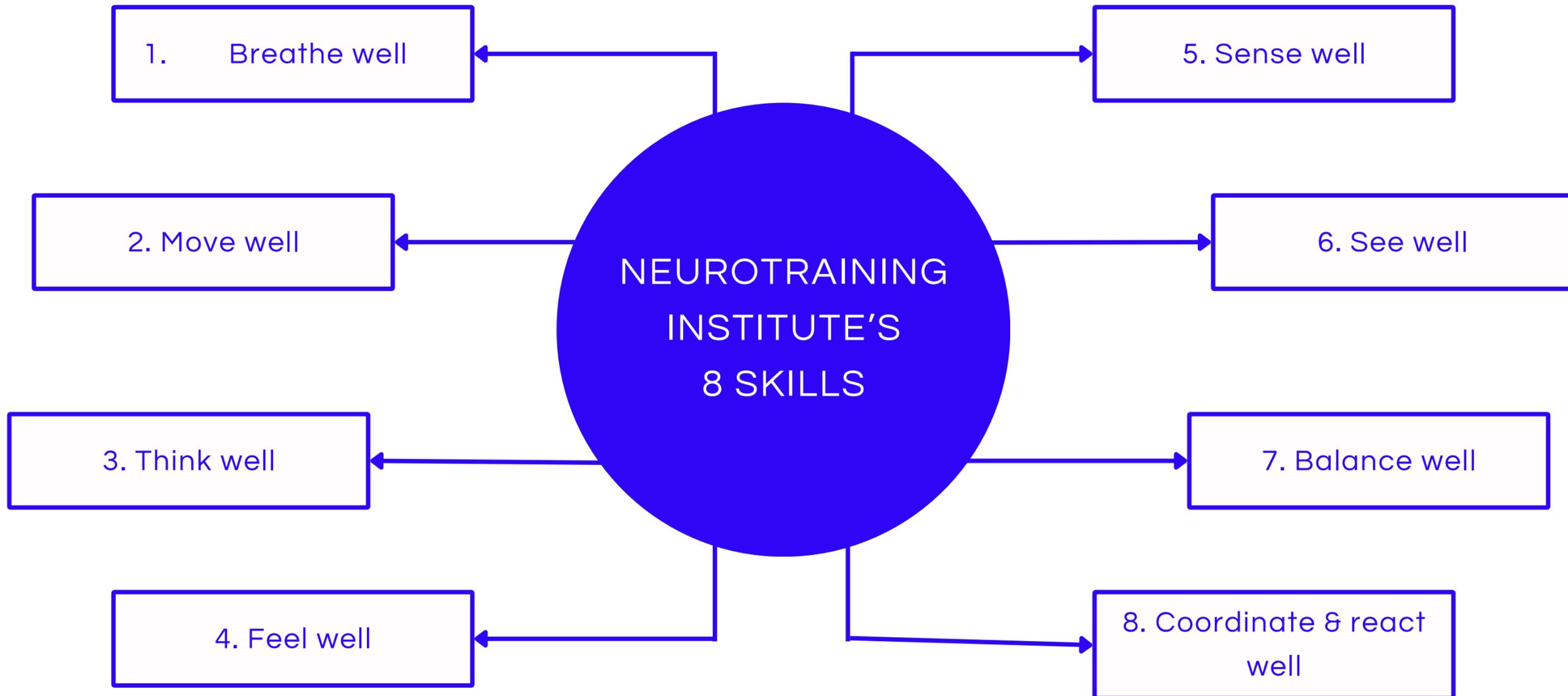
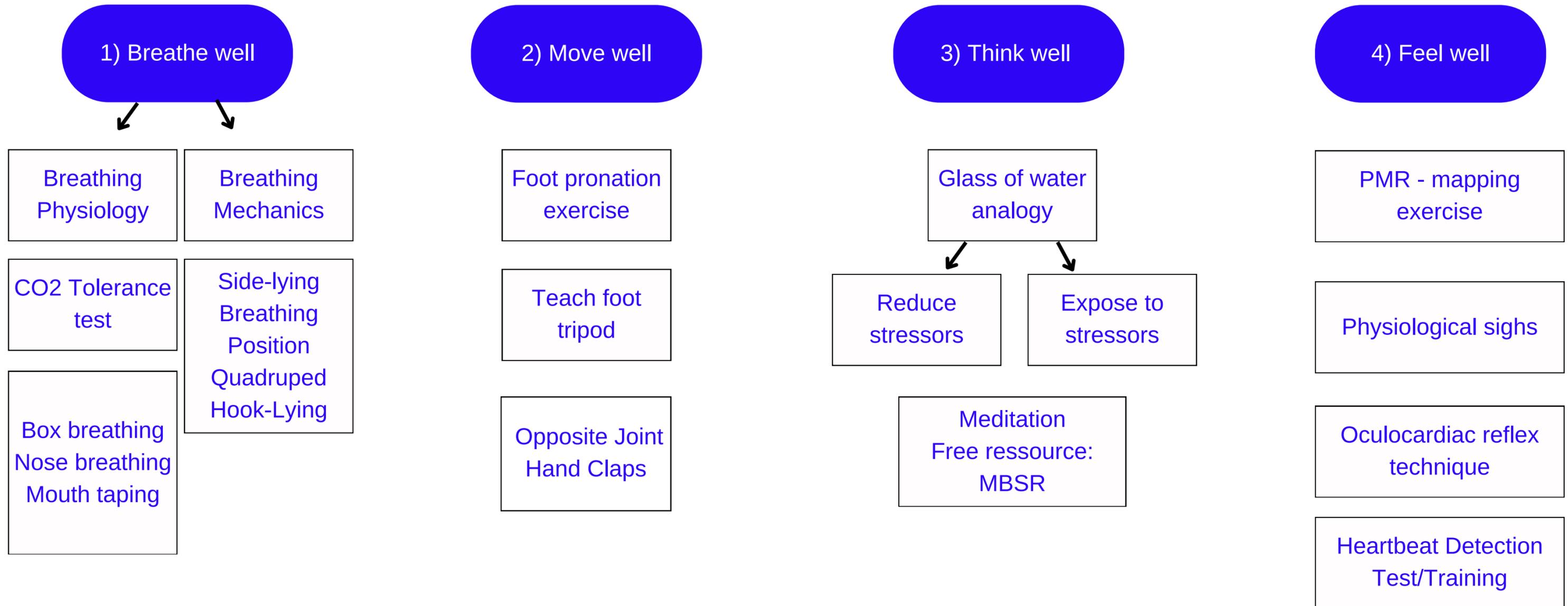


2-Day Neurotraining Seminar - Exercise Cheat Sheet



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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

Peripheral Vision
Test/Drill

7) Balance well

Head Rotations
including balance
tasks

Rolling & rocking
exercises

Jumps/Vertical
Bouncing -
Saccule

8) React & coordinate well

Cerebellum -
RAPS test

Coordinative
exercises - circles,
figure 8s, etc.

Stroop Test/Drill

Stroop Effect (App)

Opposite Joint
Hand Claps