

# SENAPTEC SENSORY TRAINING CAN IMPROVE:

## **Focus**

Keeping the eyes on the target through completion of a task

## **Timing**

Accurate and precise reaction timing

## **Visualization**

Tracking of objects in the mind's eye

## **Quickness**

Quick and accurate execution of a movement

## **Peripheral Vision**

Awareness of your surroundings

## **Balance**

keep your body in a stable position

## **Cognitive Demand**

Ability to respond fast and accurately to changing environments

