

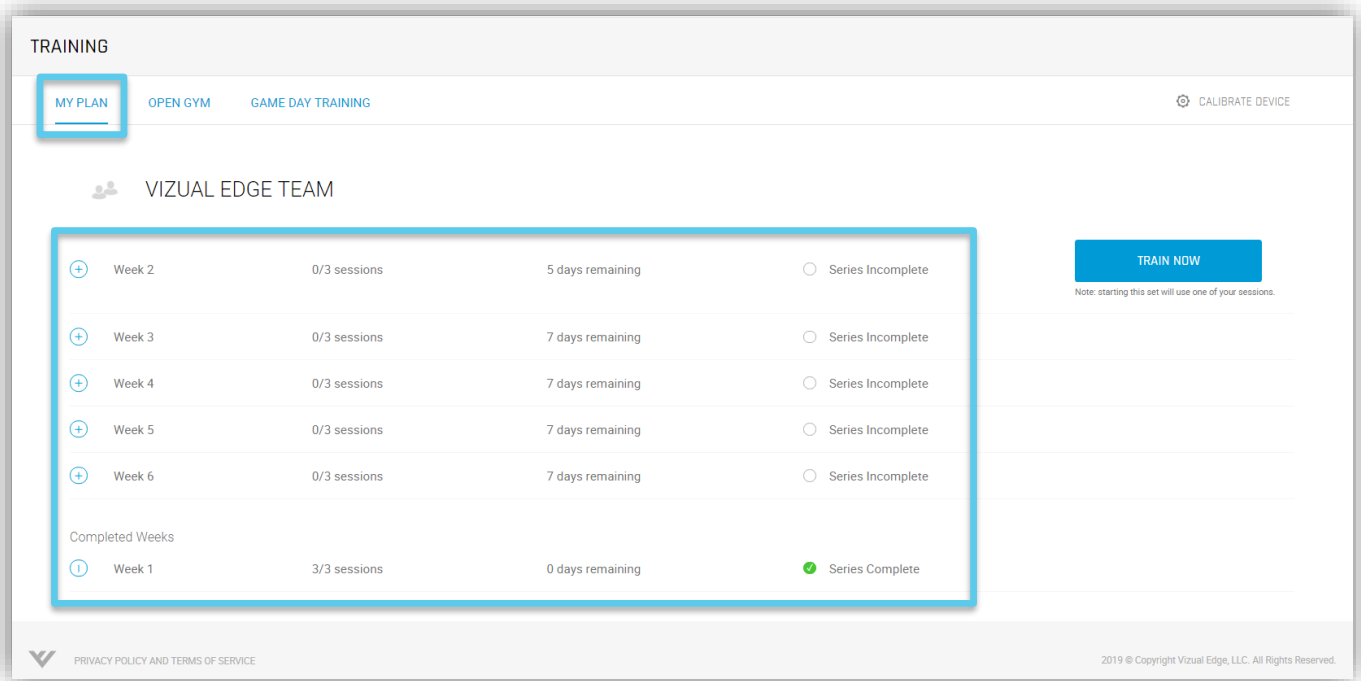
UNDERSTANDING THE DIFFERENCE BETWEEN MY PLAN, OPEN GYM, & GAME DAY TRAINING

As a Vizual Edge athlete, you have three different options when it comes to training your visual processing skills. The three options are: My Plan, Open Gym, and Game Day Training. Each of these options is available to every Vizual Edge athlete and each option will use 1 session on a session-based account.

MY PLAN

The **MY PLAN** option is the most common training option in the Vizual Edge system. **MY PLAN** is your customized training plan based on your latest Vizual Edge evaluation. **MY PLAN** is customized using the scores from the 6 exercises in a Vizual Edge evaluation.

MY PLAN is to be completed 3 times a week for 6 weeks. In order to move from Week 1 to Week 2, etc. you must complete 3 full training sessions in a 7-day span. You cannot do all 3 sessions in one day and move on to the next week's plan, you will be required to wait that 7-day period, so it is recommended you do the 3 sessions throughout the week.



TRAINING

MY PLAN OPEN GYM GAME DAY TRAINING CALIBRATE DEVICE

VIZUAL EDGE TEAM

+	Week 2	0/3 sessions	5 days remaining	<input type="radio"/> Series Incomplete
+	Week 3	0/3 sessions	7 days remaining	<input type="radio"/> Series Incomplete
+	Week 4	0/3 sessions	7 days remaining	<input type="radio"/> Series Incomplete
+	Week 5	0/3 sessions	7 days remaining	<input type="radio"/> Series Incomplete
+	Week 6	0/3 sessions	7 days remaining	<input type="radio"/> Series Incomplete
Completed Weeks				
1	Week 1	3/3 sessions	0 days remaining	<input checked="" type="radio"/> Series Complete

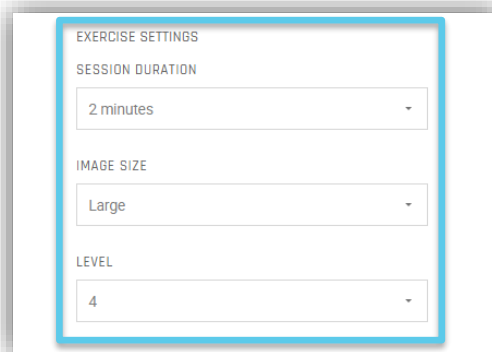
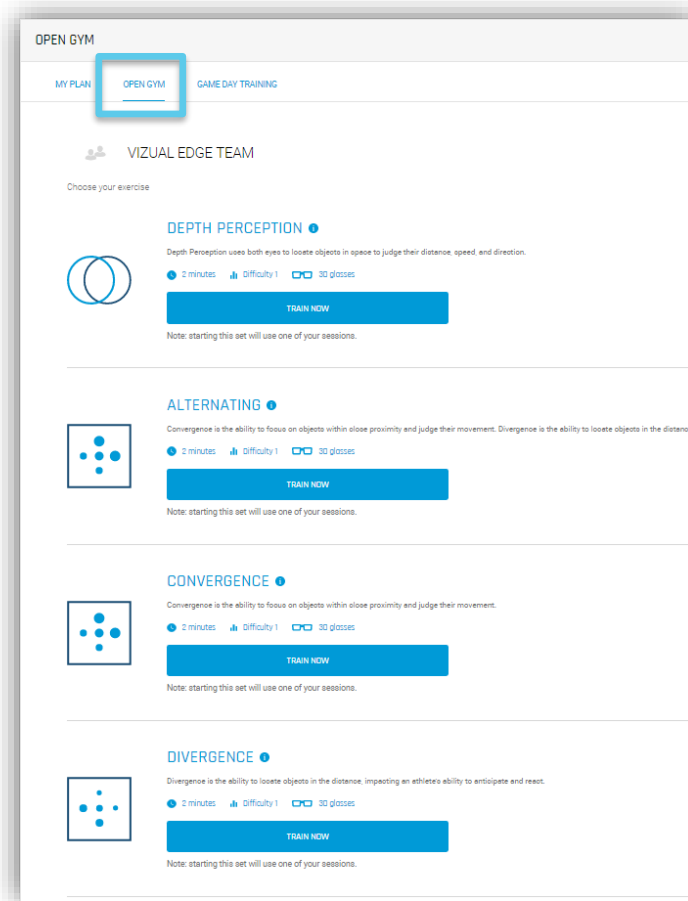
TRAIN NOW

Note: starting this set will use one of your sessions.

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OPEN GYM

The **OPEN GYM** training option is the way to train outside of your recommended training plan. **OPEN GYM** allows you to freely choose which exercise you want to do and with what options. In **OPEN GYM**, you choose the difficulty levels, times, and sizes of the different images within the Edge Trainer. **OPEN GYM** allows you to continue training, even after finishing your recommended training for the week.




GAME DAY TRAINING


Have you ever gone into a game and felt a little sluggish or that it took a while to get going? The **GAME DAY TRAINING** option the ideal training option to do when you have a game, competition, or meet that day. **GAME DAY TRAINING** is a combination of the **RECOGNITION** and **TRACKING** exercises at different levels and variation. **GAME DAY TRAINING** is a great way to get your visual system firing up.

GAME DAY

MY PLAN OPEN GYM **GAME DAY TRAINING**


 VIZUAL EDGE TEAM

TRAIN NOW

 **RECOGNITION** ⓘ


Recognition is the ability to observe, process and recall a series of visual targets, and respond properly.

⌚ 2 minutes

 **TRACKING** ⓘ


Tracking allows you to follow an object while continuously monitoring all other aspects of the game.

⌚ 2 minutes

 **RECOGNITION** ⓘ


Recognition is the ability to observe, process and recall a series of visual targets, and respond properly.

⌚ 1 minute

 **TRACKING** ⓘ

Tracking allows you to follow an object while continuously monitoring all other aspects of the game.

⌚ 1 minute

 **RECOGNITION** ⓘ

Recognition is the ability to observe, process and recall a series of visual targets, and respond properly.

⌚ 1 minute

