

Qball

Exercise
Guide

24
exercises

**WORLD'S
FASTEST
TRAINER**





Faster Reactions. Improved Coordination. Stronger vision.

These skills are essential for everyday life - and they are controlled by one powerful force - your brain. It is the single most important organ and muscle in the body that controls our movements and how quickly we react to what's around us.

With Qball our goal is to help enhance reaction time, eye-hand coordination, vision, and brain processing speed for a number of people such as athletes, occupational/physical therapy patients, and kids. These specialized exercises are like a gym for your brain - training it to react faster, so you move quicker; providing an all-around workout for your brain, eyes, and body.

Athletes become better at automating everything from how they see objects, to their mental attention system, to their ability to move and hit every shot. Furthermore, vision therapists use Qball as a cost effective tool to help people overcome lazy eye, strabismus, convergence insufficiency, dyslexia and others vision deficiencies. Plus, with numbers on the ball, parents and teachers use Qball to teach math skills. With all these benefits and uses, see what Q can do for you!

Skills to be developed include:

- Eye-hand coordination
- Reaction Time
- Dexterity
- Strategic and Tactical Thinking
- Focus and Awareness
- Fast Thinking
- Depth, Lateral, and Peripheral Vision
- Brain Processing Speed
- Agility
- Math

Recommended Exercises:

The most benefit comes from bouncing 2 Qballs and alternating hands while watching them. Next, try bouncing 2 Qballs and tracking them with peripheral vision. Then, try the Bounce + Catch + Count exercise - either verbally or visually. These 3 are the best in terms of physical and mental benefit.

What are you waiting for?

Bounce to it and start exploring these exercises!



1 QBALL EXERCISES

01

1-Qball Bounce & Catch

Skill Level: Beginner

Age: 5+

How:

Bounce 1 Qball to waist height and alternate hands with each bounce. Catch the Qball with different hand placement each time - hands underneath, on the side, and on top. Look directly at the Qball while bouncing and try to see the numbers clearly. Increase the speed as your skill improves, and try to go as fast as you can.

Benefits:

Eye Hand Coordination, Vision, Visual Tracking, Reaction Time, Cross Brain Communication and Speed of Mental Processing.

Good For:

- PT/OT: Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia
- Sport training: Baseball, Softball, Basketball, Tennis, Football, Volleyball

02

1-Qball Number Recognition

Skill Level: Beginner

Age: 5+

How:

Bounce 1 Qball to waist height, alternating hands with each bounce. Catch the Qball with your hands underneath or on the side. Say the top number out loud with each bounce. Increase speed as your skill improves and go as fast as you can.

Benefits:

Eye Hand Coordination, Vision, Visual Perception, Reaction Time, Working Memory, Cross Brain Communication and Speed of Mental Processing.

Good For:

- PT/OT: Vision Therapy, Dyslexia, ADHD, Stroke Rehab, Concussion Rehab, Dementia
- Sport training: Tennis, Basketball, Baseball, Softball, Football, Soccer

03

1-Qball Bounce & Count

Skill Level: Beginner

Age: 5+

How:

Bounce 1 Qball to waist height, alternating hands with each bounce. Catch the Qball with hands on top. Count the number of bounces in 1 minute. Go as fast as you can. Record your score. Increase speed as your skill improves.

Benefits:

Eye Hand Coordination, Vision, Visual Tracking, Reaction Time, Working Memory, Cross Brain Communication and Speed of Mental Processing. Layers a thinking exercise on top of a physical exercise

Good For:

- PT/OT: ADHD, Dyslexia, Stroke Rehab, Concussion Rehab, Dementia, Parkinsons
- Sport training: Strategic sports such as Tennis, Basketball, Football, Soccer, Volleyball

04

1-Qball Bounce & Count Visually

Skill Level: Moderate

Age: 8+

How:

Bounce 1 Qball to waist height, alternating hands with each bounce. Catch the Qball with hands on top of the ball. Sing a familiar song like "Happy Birthday" to yourself while counting the number of bounces visually up to 1 minute. Your brain must visualize the numbers counted because it cannot count verbally while singing. Go as fast as you can. Keep going even when mistakes are made.

Benefits:

Imagination, working memory, and speed of mental processing

Good For:

- OT/PT: Dyslexia, ADHD, Memory, Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia



05

Qball - Peripheral Vision Exercise

Skill Level: Beginner

Age: 8+

How:

Bounce 1 Qball to waist height, alternating hands with each bounce. Don't watch the Qball directly. Move your eyes to all areas of your visual field while bouncing. Increase speed as your skill improves, and go as fast as you can.

Benefits:

Peripheral Vision, Expanded Visual Field, Expanded Awareness, Eye Hand Coordination, Visual Tracking, Reaction Time.

Good For:

- OT/PT: Dyslexia, ADHD, Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia
- Sport Training: Basketball, Soccer, Hockey, Football, Lacrosse, Rugby, Water Polo, etc.

06

Qball - Bounce, Balance & Move

Skill Level: Beginner

Age: 8+

How:

Bounce 1 Qball to waist height alternating hands with each bounce. Catch the Qball with hands on top. Move your body in a circle while bouncing. Move your body forward, back and side to side while bouncing. Balance on one leg. Hop on one leg while bouncing. Go as fast as you can. Increase speed of bounces as your skill improves.

Benefits:

Balance, Eye Hand Coordination, Visual Tracking, Reaction Time, and Speed of Mental Processing.

Good For:

- PT/OT: Vestibular Rehab, Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia, Parkinsons
- Sport Training: Soccer, Football, Basketball, Tennis, etc.

07

Qball, 1 Patched Eye -Bounce & Catch

Skill Level: Beginner

Age: 8+

How:

Bounce 1 Qball to waist height, alternating hands with each bounce. Place the Qball eye patch over one eye. The concave shape allows the patched eye to be open. Catch the Qball with your hands on top. Go as fast as you can. Increase speed of bounces as your skill improves. Switch the patch to the other eye and repeat.

Benefits:

Cross Brain Communication. Eye Hand Coordination, Visual Tracking, Reaction Time, and Speed of Mental Processing. Over trains these skills by increasing the difficulty beyond a game type situation.

Good For:

- PT/OT: Lazy Eye, Vestibular Rehab, Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia, ADHD
- Sport Training: Basketball, Tennis, Soccer, Baseball, Softball, Football

08

Memory Game

Skill Level: Moderate

Age: 8+

How:

Bounce 1 Qball 4 times to waist height alternating hands with each bounce. Catch the Qball either on the side or underneath so the top number is visible. Note the top number on each of the 4 bounces. After the 4th bounce, stop and recite the 4 top numbers in reverse order. After mastering 4 bounces, repeat the exercise with 5, 6 or 7 bounces.

Benefits:

Working Memory, Speed of Mental Processing, Eye Hand Coordination, Vision, and Cross Brain Communication.

Good For:

- OT/PT: Memory, Dyslexia, ADHD, Stroke Rehab, Concussion Rehab, Dementia



Using 2 Qballs instead of 1 increases the difficulty of all exercises. (1) Allows for greater speed in each exercise; (2) Forces the person to switch vision and attention rapidly between 2 moving balls; (3) Forces greater head and eye movements laterally; and (4) It is the best way to train your attention systems to switch faster and/or maintain one system in the face of distraction.

09

2-Qball-Bounce & Catch

Skill Level: Moderate

Age: 8+

How:

Bounce 2 Qballs to waist height, alternating hands with each bounce. Catch each Qballs with your hands in different positions - hands underneath, on the side and on top. Look directly at the balls and try to see the numbers clearly. Bounce the Qballs with your hands wide to your sides. Increase speed as your skill improves and go as fast as you can.

Benefits:

Eye Hand Coordination, Vision, Visual Tracking, Reaction Time, Cross Brain Communication and Speed of Mental Processing. Bouncing the Qballs with your hands wide apart ensures you cannot see both balls at the same time. This forces the player to quickly turn their head and eyes to locate the bounced Qball and then react quickly

Good For:

- PT/OT: Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia, Dyslexia, ADHD, Parkinsons
- Sports: Baseball, Basketball, Tennis, Football, Volleyball

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2-Qball Number Recognition

Skill Level: Moderate

Age: 8+

How:

Bounce 2 Qballs to waist height, alternating hands with each bounce. Catch each Qball with your hands underneath or on the side. Say the top number out loud with each bounce of each ball. Increase speed as your skill improves and go as fast as you can.

Benefits:

Eye Hand Coordination, Vision, Visual Perception, Reaction Time, Working Memory, Cross Brain Communication and Speed of Mental Processing.

Good For:

- PT/OT: Vision Therapy, Dyslexia, ADHD, Stroke Rehab, Concussion Rehab, Dementia
- Sport training: Tennis, Basketball, Baseball, Softball, Football, Soccer

11

2 Qballs - Bounce & Count

Skill Level: Beginner

Age: 8+

How:

Bounce 2 Qballs to waist height, alternating hands with each bounce. Catch the Qballs with hands on top. Count the number of bounces in 1 minute. Go as fast as you can. Record your score. Increase speed as your skill improves.

Benefits:

Eye Hand Coordination, Vision, Visual Tracking , Reaction Time, Working Memory, Cross Brain Communication and Speed of Mental Processing. Layers a thinking exercise on top of a physical exercise.

Good For:

- PT/OT: ADHD, Dyslexia, Stroke Rehab, Concussion Rehab, Dementia, Parkinsons
- Sport training: Strategic sports such as Tennis, Basketball, Football, Soccer, Volleyball.

12

2-Qball-Bounce & Count Visually

Skill Level: Advanced

Age: 10+

How:

Bounce 2 Qballs to waist height, alternating hands with each bounce. Catch the Qballs with hands on top of the ball. Sing a familiar song like “Happy Birthday” to yourself while counting the number of bounces visually up to 1 minute. Your brain must visualize the numbers counted because it cannot count verbally while singing. Go as fast as you can. Keep going even when mistakes are made.

Benefits:

Imagination, working memory, and speed of mental processing.

Good For:

- OT/PT: Dyslexia, ADHD, Memory, Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia



13

2-Qball-Peripheral Vision Exercise

Skill Level: Moderate

Age: 8+

How:

Bounce 2 Qballs to waist height, alternating hands with each bounce. Don't watch the Qball directly. Move your eyes to all areas of your visual field while bouncing. Increase speed as your skill improves, and go as fast as you can.

Benefits:

Peripheral Vision, Expanded Visual Field, Expanded Awareness, Eye Hand Coordination, Visual Tracking, Reaction Time.

Good For:

- OT/PT: Dyslexia, ADHD, Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia
- Sport Training: Basketball, Soccer, Hockey, Football, Lacrosse, Rugby, Water Polo, etc.

14

2-Qball-Bounce, Balance & Move

Skill Level: Advanced

Age: 10+

How:

Bounce 2 Qballs to waist height alternating hands with each bounce. Catch the Qballs with hands on top. Move your body in a circle while bouncing both balls. Move your body forward, back and side to side while bouncing. Also try balancing on one leg or hopping on one leg while bouncing. Go as fast as you can. Increase speed of bounces as your skill improves.

Benefits:

Balance, Eye Hand Coordination, Visual Tracking, Reaction Time, and Speed of Mental Processing.

Good For:

- PT/OT: Vestibular Rehab, Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia, Parkinsons
- Sport Training: Soccer, Football, Basketball, Tennis, etc.

15

2-Qball-Peripheral Vision Attention Exercise

Skill Level: Advanced

Age: 10+

How:

Bounce 2 Qballs to waist height, alternating hands with each bounce. Only watch 1 Qball as you bounce. For instance, the right-hand ball. Try switching your attention from direct to peripheral vision quickly. Try to maintain peripheral visual attention while watching one ball directly. After 1 minute switch to watching the other Qball as you bounce. Go as fast as you can. Increase speed as your skill improves.

Benefits:

Attention system training. Greater visual awareness. Helps to maintain focus in the presence of distractions. Trains Peripheral Vision, Expanded Visual Field, Eye Hand Coordination, Visual Tracking, and Reaction Time.

Good For:

- OT/PT: ADHD, Dyslexia, Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia
- Sports: Basketball, Soccer, Hockey, Football, Tennis, etc.

16

2-Qball-1 Patched Eye-Bounce & Catch

Skill Level: Advanced

Age: 10+

How:

Bounce 2 Qballs to waist height, alternating hands with each bounce. Place the Qball eye patch over one eye. The concave shape allows the patched eye to be open. Catch the Qballs with your hands on top of the balls. Go as fast as you can. Increase speed of bounces as your skill improves. Switch the patch to the other eye and repeat.

Benefits:

Cross Brain Communication. Eye Hand Coordination, Visual Tracking, Reaction Time, and Speed of Mental Processing. Over trains these skills by increasing the difficulty beyond a game type situation.

Good For:

- PT/OT: Lazy Eye, Vestibular Rehab, Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia, ADHD
- Sport Training: Basketball, Tennis, Soccer, Baseball, Softball, Football



2 QBALL EXERCISES

17

1 Up-1 Down

Skill Level: Advanced

Age: 12+

How:

Bounce 2 Qballs to waist height alternating hands with each bounce. Catch the Qballs with hands on top. With the left hand count each bounce up from 1 to 10. With the right hand count down from 10 to 1. Repeat the exercise switching the count direction of each hand.

Benefits:

Working Memory, Speed of Mental Processing, Switching of Focus, Eye Hand Coordination, Vision, and Cross Brain Communication

Good For:

- OT/PT: Memory, Dyslexia, ADHD, Stroke Rehab, Concussion Rehab, Dementia

18

2 Qball-Bounce Challenge Game

Skill Level: Beginner

Age: 8+

How:

Bounce 2 Qballs to waist height alternating hands with each bounce. Using a stop watch, time the yourself for 30 seconds or 1 minute. Count the number of successful catches. Record your score to compete against others, or to track your progress.

Benefits:

Focus, Attention, Eye-Hand Coordination, Speed, Visual Tracking , Reaction Time, Balance, Cross Brain Communication, and Speed of Mental Processing.

Good For:

- Sport Training: Tennis, Soccer, Basketball, Football
- OT/PT: Memory, Dyslexia, ADHD, Vision Therapy, Stroke Rehab, Concussion Rehab, Dementia

SPECIALIZED EXERCISES FOR ATHLETES

19

Wall – Ground - Reactions

Skill Level: Advanced

Age: 12+

How:

Stand 10 feet back from a concrete wall. Throw 1 or 2 Qballs against the wall such that it hits the wall, ground and comes back. Alternate hands with each throw. Go as fast as you can. Increase speed as you improve. Another variation: kneel on the ground and repeat.

Benefits:

Provides a horizontal view of the Qballs. Improves Eye Hand Coordination, Vision, Visual Tracking, Reaction Time, Switching of Focus and Angular Velocity Tracking. Focus, Attention, Eye-Hand Coordination, Speed, Visual Tracking , Reaction Time, Balance, Cross Brain Communication, and Speed of Mental Processing.

Sports:

Good for sports that require hitting a moving object such as Baseball, Tennis, Soccer, Volleyball, etc.

20

Wall Reactions - No Bounce

Skill Level: Advanced

Age: 12+

How:

Stand 6 feet back from a concrete wall. Throw 1 or 2 Qballs against the wall such that it hits the wall at head height and comes back. Alternate hands with each throw. Go as fast as you can. Increase speed as you improve. Move your head and body as if throwing and dodging a punch.

Benefits:

Provides a horizontal view of the Qballs. Improves Eye Hand Coordination, Vision, Visual Tracking, Reaction Time, Switching of Focus and Angular Velocity Tracking.

Sports:

Good training for most sports, Especially good for sports that require hitting a moving object or striking such as, Boxing, MMA, Baseball, Tennis, Soccer, Volleyball, etc.



MATH GAMES FOR STUDENTS

21

Math Challenge - Addition

Skill Level: Beginner

Age: 8+

How:

Bounce 1 Qball to waist height alternating hands with each bounce. Catch the Qball with hands on the side, or underneath so the top number is visible. Add the successive top numbers of each bounce up to 100. Go as fast as you can. Increase speed of bounces as your skill improves. Challenge others in Head to Head competition. First person to get the answer earns a point.

Benefits:

Working Memory, Focus, Math Skills, Eye Hand Coordination, Visual Tracking, Problem Solving, Reaction Time, and Speed of Mental Processing.

22

Math Challenge - Multiplication

Skill Level: Moderate

Age: 10+

How:

Bounce 1 Qball twice to waist height alternating hands with each bounce. Catch the Qball with hands on the side, or underneath so the top number is visible. Multiply the two top numbers from each bounce. Then repeat 10 times. Go as fast as you can. Increase speed of bounces as your skill improves. Challenge others in Head to Head competition. First person to get the answer earns a point.

Benefits:

Working Memory, Focus, Math Skills, Eye Hand Coordination, Visual Tracking, Problem Solving, Reaction Time, and Speed of Mental Processing.

23

Math Challenge - Subtraction

Skill Level: Moderate

Age: 8+

How:

Pick a fixed number greater than 10, (such as 45). Bounce 1 Qball, once to waist height. Catch the Qball with hands on the side, or underneath so the top number is visible. Subtract the top number on the Qball from the fixed number (45 in this example). Repeat the exercise 10 times. Go as fast as you can. Increase speed of bounces as your skill improves. Challenge others in Head to Head competition. First person to get the answer earns a point.

Benefits:

Working Memory, Focus, Math Skills, Eye Hand Coordination, Visual Tracking, Problem Solving, Reaction Time, and Speed of Mental Processing.

23

Math Challenge - Division

Skill Level: Moderate

Age: 12+

How:

Pick a fixed number greater than 10 (such as 45). Bounce 1 Qball, once to waist height. Catch the Qball with hands on the side, or underneath so the top number is visible. Divide the top number on the Qball into the fixed number (45 in this example). Round the answer to the nearest whole number. Repeat the exercise 10 times. Go as fast as you can. Increase speed of bounces as your skill improves. Challenge others in Head to Head competition. First person to get the answer earns a point.

Benefits:

Working Memory, Focus, Math Skills, Eye Hand Coordination, Visual Tracking, Problem Solving, Reaction Time, and Speed of Mental Processing.