

10X EFFECTIVE LEARNING

# 15 Minutes to Double Your Reading Speed

# Introduction

Only with practice you will embed the technique into yourself and actually increase your speed. So let's go with the workout!

First, select some reading material. For training, it has to be on paper. Avoid reading material that is not formatted in long lines (between 12 to 17 words per line).

Examples of materials with wrong format are magazines, newspapers or most news web pages. Perfect materials for training are books that do not contain images (like for example a novel).

Furthermore, since your level of comprehension is still low, try to avoid books with very dense content. Again, light novels are the perfect type for practicing.

Having selected your reading material, **do the following workout from Monday to Friday**, for 15 minutes.

# THE WOKOUT

1. Sit down on a comfortable place.
2. Use the metronome and set it at a BPM that suits you.
3. Start the metronome and read applying the technique for 2 minutes.
4. Relax for 1 minute.
5. Increase the BPM by 20 and read again for 2 minutes. Do not pay attention to comprehension, just apply the technique.
6. Relax for 1 minute more.
7. Decrease the BPM again on 20 units and go back to point 3.
8. Repeat the whole process for 15 minutes. If you feel that your base BPM speed is now too slow, set it now an increased one.

\*\*\* FREE METRONOME app:

TempoPerfect Metronome Software

<https://www.nch.com.au/metronome/index.html>