

反应训练 (1' × 60 = 60')

4 × 6 =	3 × 1 =	8 ÷ 4 =	6 × 1 =	1 × 2 =	1 × 3 =
3 × 5 =	2 × 8 =	5 × 9 =	2 × 9 =	2 × 1 =	2 − 1 =
1 + 7 =	1 × 4 =	1 − 9 =	6 ÷ 1 =	2 − 5 =	6 × 8 =
4 − 4 =	3 − 2 =	2 × 1 =	9 × 7 =	2 × 6 =	8 × 6 =
8 × 5 =	3 × 4 =	6 × 7 =	8 ÷ 4 =	5 + 3 =	7 × 3 =
1 × 9 =	3 × 6 =	3 + 9 =	1 × 4 =	3 × 7 =	9 × 8 =
3 × 5 =	4 ÷ 4 =	6 × 3 =	2 × 4 =	2 × 1 =	6 × 4 =
8 × 1 =	5 × 1 =	9 × 2 =	8 × 6 =	9 × 5 =	6 × 7 =
2 × 9 =	9 + 5 =	2 − 3 =	2 × 5 =	4 × 5 =	3 × 4 =
7 × 4 =	4 × 3 =	9 × 2 =	6 × 3 =	9 × 1 =	1 × 6 =

耐力训练 (10' × 5 = 50')

29771 × 71433 =
98397 × 92240 =
55730 × 25810 =
47829 × 86444 =
54296 × 11911 =

组合训练 (1' × 40 = 40')

$C_4^0 =$	$C_7^5 =$	$C_2^0 =$	$C_8^1 =$	$A_3^2 =$
$C_6^2 =$	$A_2^1 =$	$C_2^1 =$	$C_7^1 =$	$A_4^3 =$
$C_6^2 =$	$C_6^4 =$	$A_4^3 =$	$C_6^2 =$	$C_3^2 =$
$C_2^2 =$	$C_5^0 =$	$C_6^6 =$	$C_4^3 =$	$C_2^1 =$
$C_4^0 =$	$C_4^3 =$	$C_2^2 =$	$C_8^8 =$	$C_7^4 =$
$C_8^0 =$	$A_2^2 =$	$A_3^1 =$	$C_5^1 =$	$C_8^1 =$
$C_6^4 =$	$C_4^4 =$	$C_6^4 =$	$C_7^1 =$	$C_8^4 =$
$C_3^0 =$	$C_5^5 =$	$C_5^3 =$	$C_8^3 =$	$C_2^0 =$

统计结果		
	得分	正确率
反应训练 (60')		
耐力训练 (50')		
组合训练 (40')		
合计 (150')		
耗时		
训练日期		

反应训练 (1' × 60 = 60')

3 − 5 =	9 × 3 =	2 + 4 =	6 × 1 =	8 + 3 =	8 + 4 =
2 × 2 =	5 × 4 =	5 × 5 =	4 ÷ 4 =	7 + 2 =	9 × 1 =
7 × 4 =	6 + 2 =	3 × 3 =	8 + 4 =	4 × 4 =	5 × 4 =
4 × 1 =	4 ÷ 2 =	4 ÷ 1 =	5 − 1 =	4 × 8 =	6 × 6 =
1 × 3 =	9 × 5 =	1 − 2 =	9 − 1 =	5 × 4 =	1 × 5 =
5 − 5 =	4 × 9 =	3 × 3 =	9 × 1 =	6 × 4 =	4 × 5 =
7 × 3 =	2 × 5 =	9 × 1 =	4 − 4 =	1 × 1 =	7 × 1 =
4 × 9 =	7 × 9 =	4 + 2 =	8 × 3 =	4 − 5 =	8 ÷ 1 =
4 ÷ 2 =	4 ÷ 1 =	5 × 3 =	9 − 9 =	3 × 2 =	5 × 3 =
1 × 8 =	1 × 7 =	4 × 4 =	4 + 4 =	7 − 3 =	2 × 4 =

耐力训练 (10' × 5 = 50')

11982 × 94819 =
68597 × 73539 =
14380 × 26529 =
55903 × 87205 =
16773 × 11024 =

组合训练 (1' × 40 = 40')

$C_6^5 =$	$C_5^4 =$	$C_5^3 =$	$C_5^1 =$	$C_8^6 =$
$C_6^3 =$	$C_3^1 =$	$C_5^5 =$	$C_7^0 =$	$C_2^2 =$
$A_2^1 =$	$C_2^1 =$	$C_8^3 =$	$A_2^2 =$	$C_2^0 =$
$C_2^0 =$	$C_6^4 =$	$C_2^0 =$	$C_4^4 =$	$C_7^1 =$
$C_8^3 =$	$A_2^2 =$	$C_6^2 =$	$C_6^3 =$	$C_2^1 =$
$C_7^5 =$	$C_2^1 =$	$A_2^1 =$	$C_5^2 =$	$C_5^0 =$
$C_5^4 =$	$C_8^7 =$	$C_6^5 =$	$C_7^7 =$	$A_2^1 =$
$C_2^1 =$	$C_7^6 =$	$C_3^2 =$	$C_5^0 =$	$A_4^4 =$

统计结果		
	得分	正确率
反应训练 (60')		
耐力训练 (50')		
组合训练 (40')		
合计 (150')		
耗时		
训练日期		

反应训练 (1' × 60 = 60')

8 × 8 =	7 × 5 =	5 − 5 =	2 × 5 =	8 × 8 =	6 × 9 =
7 × 9 =	7 − 8 =	2 + 8 =	2 + 8 =	3 × 1 =	5 × 4 =
6 ÷ 3 =	2 + 2 =	9 × 1 =	9 × 3 =	2 − 5 =	5 + 5 =
5 × 7 =	6 × 8 =	3 + 4 =	6 − 2 =	5 × 8 =	9 × 8 =
6 × 2 =	4 ÷ 2 =	6 × 1 =	8 × 3 =	2 × 8 =	6 × 1 =
8 − 8 =	3 × 4 =	2 − 5 =	6 × 7 =	8 + 3 =	9 − 5 =
9 × 4 =	2 × 2 =	1 − 1 =	4 × 4 =	2 − 8 =	2 × 9 =
2 × 4 =	4 − 4 =	2 − 3 =	8 ÷ 1 =	1 × 6 =	8 × 1 =
8 × 4 =	9 × 6 =	7 + 8 =	4 × 2 =	5 + 4 =	4 ÷ 4 =
9 − 8 =	2 × 4 =	2 × 1 =	8 × 9 =	9 − 3 =	7 − 5 =

耐力训练 (10' × 5 = 50')

71452 × 18295 =
87036 × 58292 =
66335 × 42686 =
89745 × 52848 =
59349 × 68323 =

组合训练 (1' × 40 = 40')

$C_7^5 =$	$C_3^3 =$	$C_8^6 =$	$C_7^0 =$	$C_2^2 =$
$C_8^5 =$	$C_8^5 =$	$C_2^1 =$	$C_4^4 =$	$C_8^6 =$
$C_3^0 =$	$A_2^1 =$	$C_5^0 =$	$C_3^2 =$	$C_2^2 =$
$A_4^3 =$	$C_5^4 =$	$C_7^0 =$	$C_2^1 =$	$C_8^8 =$
$C_2^2 =$	$C_8^4 =$	$C_7^5 =$	$C_6^4 =$	$C_4^4 =$
$C_5^2 =$	$C_3^3 =$	$C_7^2 =$	$C_2^1 =$	$C_5^4 =$
$C_8^8 =$	$C_6^3 =$	$C_4^0 =$	$C_2^1 =$	$C_5^2 =$
$C_8^1 =$	$C_5^4 =$	$C_6^5 =$	$C_7^5 =$	$C_3^2 =$

统计结果		
	得分	正确率
反应训练 (60')		
耐力训练 (50')		
组合训练 (40')		
合计 (150')		
耗时		
训练日期		

反应训练 (1' × 60 = 60')

4 − 7 =	8 − 7 =	1 + 8 =	5 × 8 =	1 + 7 =	7 − 6 =
2 × 3 =	8 − 9 =	2 × 7 =	1 × 2 =	6 × 4 =	9 × 1 =
1 × 9 =	3 × 8 =	2 × 5 =	5 × 1 =	9 × 2 =	2 × 7 =
3 × 7 =	6 + 5 =	1 × 3 =	1 × 2 =	6 − 7 =	4 × 2 =
7 × 5 =	6 + 6 =	4 × 7 =	4 − 1 =	4 ÷ 1 =	9 × 5 =
1 × 2 =	8 ÷ 2 =	6 ÷ 2 =	2 × 3 =	9 × 8 =	3 × 3 =
3 × 8 =	4 + 9 =	8 × 4 =	6 − 7 =	7 × 2 =	6 ÷ 2 =
7 × 7 =	9 × 1 =	5 × 6 =	4 − 2 =	4 − 5 =	2 × 8 =
8 × 9 =	7 + 4 =	1 × 1 =	5 × 7 =	3 × 1 =	7 × 4 =
9 − 3 =	7 × 8 =	4 ÷ 2 =	8 × 6 =	4 × 2 =	6 × 8 =

耐力训练 (10' × 5 = 50')

40443 × 86714 =
76308 × 76901 =
61707 × 80276 =
55220 × 89814 =
46056 × 13724 =

组合训练 (1' × 40 = 40')

$C_7^7 =$	$C_4^1 =$	$C_3^1 =$	$C_2^1 =$	$C_7^2 =$
$C_7^5 =$	$A_3^2 =$	$A_2^1 =$	$C_2^0 =$	$C_4^1 =$
$C_6^1 =$	$C_5^2 =$	$C_3^0 =$	$C_6^4 =$	$C_5^5 =$
$C_3^1 =$	$C_3^0 =$	$A_2^1 =$	$C_5^5 =$	$A_2^1 =$
$C_5^0 =$	$A_3^2 =$	$C_2^1 =$	$C_8^1 =$	$C_7^3 =$
$C_3^1 =$	$C_4^1 =$	$C_5^4 =$	$C_6^2 =$	$A_4^2 =$
$C_8^1 =$	$A_4^4 =$	$C_3^2 =$	$C_3^3 =$	$C_8^0 =$
$C_3^0 =$	$A_2^2 =$	$C_2^2 =$	$A_4^1 =$	$C_7^6 =$

统计结果		
	得分	正确率
反应训练 (60')		
耐力训练 (50')		
组合训练 (40')		
合计 (150')		
耗时		
训练日期		

反应训练 (1' × 60 = 60')

2 × 4 =	5 × 2 =	7 × 1 =	8 × 8 =	6 ÷ 3 =	5 × 7 =
7 + 7 =	9 + 5 =	1 × 6 =	9 × 1 =	6 ÷ 1 =	1 × 9 =
4 − 2 =	6 − 8 =	2 × 8 =	7 × 9 =	8 ÷ 4 =	3 × 8 =
9 × 7 =	7 − 5 =	2 × 4 =	5 + 3 =	9 × 2 =	4 × 5 =
7 × 7 =	6 ÷ 1 =	8 × 9 =	1 × 4 =	8 ÷ 4 =	8 + 5 =
4 × 8 =	7 × 9 =	6 ÷ 2 =	6 ÷ 3 =	8 ÷ 2 =	8 ÷ 2 =
8 × 5 =	2 × 2 =	2 × 6 =	2 − 5 =	9 × 7 =	6 ÷ 1 =
8 ÷ 1 =	5 + 5 =	2 × 9 =	1 × 6 =	3 × 4 =	4 × 8 =
7 × 7 =	1 × 6 =	6 × 2 =	9 × 4 =	9 × 6 =	4 × 9 =
3 × 2 =	7 × 7 =	2 × 8 =	9 + 4 =	6 ÷ 1 =	8 ÷ 4 =

耐力训练 (10' × 5 = 50')

64262 × 19028 =
47255 × 58394 =
62987 × 45234 =
93112 × 17841 =
38150 × 70808 =

组合训练 (1' × 40 = 40')

$C_7^1 =$	$C_7^0 =$	$C_3^0 =$	$C_2^0 =$	$A_4^3 =$
$C_8^3 =$	$C_3^2 =$	$A_4^3 =$	$C_3^2 =$	$C_4^0 =$
$C_6^3 =$	$C_6^1 =$	$A_3^2 =$	$C_3^1 =$	$C_5^5 =$
$C_3^3 =$	$C_5^1 =$	$C_4^4 =$	$C_3^3 =$	$C_2^0 =$
$A_3^3 =$	$C_6^0 =$	$C_4^3 =$	$C_4^4 =$	$C_7^5 =$
$C_3^0 =$	$C_2^2 =$	$C_5^4 =$	$C_6^3 =$	$C_4^3 =$
$A_2^1 =$	$C_2^2 =$	$C_5^3 =$	$A_4^4 =$	$A_3^1 =$
$C_6^6 =$	$C_3^2 =$	$C_2^0 =$	$C_5^5 =$	$C_2^0 =$

统计结果		
	得分	正确率
反应训练 (60')		
耐力训练 (50')		
组合训练 (40')		
合计 (150')		
耗时		
训练日期		

反应训练 (1' × 60 = 60')

4 × 6 =	9 + 7 =	9 × 2 =	3 + 1 =	1 - 4 =	4 × 2 =
3 × 2 =	3 × 2 =	1 × 7 =	6 - 3 =	9 - 8 =	5 × 3 =
7 × 6 =	3 × 4 =	3 × 8 =	4 - 9 =	2 × 5 =	8 ÷ 1 =
6 × 2 =	4 × 2 =	1 - 1 =	6 ÷ 1 =	5 - 2 =	7 + 2 =
8 + 7 =	4 × 1 =	2 + 4 =	7 - 9 =	9 × 2 =	6 ÷ 3 =
6 × 4 =	7 - 7 =	8 × 7 =	2 + 8 =	6 × 9 =	7 × 7 =
6 ÷ 3 =	6 - 3 =	3 × 6 =	5 + 4 =	3 + 1 =	4 × 4 =
1 × 6 =	2 × 3 =	6 × 5 =	2 × 5 =	6 - 3 =	2 × 5 =
5 × 2 =	4 ÷ 1 =	9 × 5 =	2 × 3 =	4 + 8 =	7 × 5 =
6 ÷ 2 =	8 × 7 =	6 × 2 =	4 × 2 =	8 × 8 =	5 × 9 =

耐力训练 (10' × 5 = 50')

61762 × 26659 =
84629 × 31118 =
50423 × 80698 =
22648 × 50320 =
67659 × 98239 =

组合训练 (1' × 40 = 40')

$C_6^0 =$	$C_2^2 =$	$C_6^2 =$	$A_4^2 =$	$C_8^0 =$
$C_5^3 =$	$C_5^2 =$	$C_7^4 =$	$A_3^2 =$	$C_4^0 =$
$C_5^0 =$	$C_5^0 =$	$A_4^2 =$	$C_8^6 =$	$C_6^1 =$
$C_3^0 =$	$C_5^4 =$	$C_3^3 =$	$C_5^5 =$	$C_7^2 =$
$C_7^5 =$	$C_3^0 =$	$C_6^3 =$	$C_5^3 =$	$A_4^1 =$
$C_4^3 =$	$C_6^5 =$	$C_2^0 =$	$C_6^2 =$	$C_4^4 =$
$A_2^2 =$	$C_6^3 =$	$C_6^5 =$	$C_4^2 =$	$C_6^6 =$
$C_5^3 =$	$C_8^5 =$	$A_4^4 =$	$C_2^1 =$	$A_3^3 =$

统计结果		
	得分	正确率
反应训练 (60')		
耐力训练 (50')		
组合训练 (40')		
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耗时		
训练日期		