

PUSHUP'S FOR YOUR FOCUSING SYSTEM



PURPOSE

This exercise works out the inside muscles of your eyes that are responsible for making things clear and ultimately keeping them clear.



REPEAT

Repeat for 25 Cycles (1 Cycle = Distance to Near) and then cover your right eye and repeat with the left eye

1

Stand straight up, feet shoulder width apart, with good upright posture, in front of a window that has access to a long-distance view. Gently cover your left eye with your left hand.

2

Keeping your right eye open, take your right pointer finger and bring it as close to your eye as you can where you can make the pad of your fingerprint clear.

3

Bring it as close as you can until it's a little blurry and then stop moving it and try to make it clear. Hold clarity at this position for 5 seconds as this will be your "near target" distance

4

After 5 seconds, you will then relax and let go of your focus and throw it out into the distance, as far away as you can as you look out the window. Hold your gaze out the window for 5 seconds.

5

Then lock in your focus back to your finger again, at the same distance it was previously, and hold for 5 seconds. You are now going to go back and forth from your distance target to your near target, making sure to hold clarity at each position for 5 seconds.