

SMOOTH PURSUITS

PURPOSE

This exercise works on the system in charge of how your eyes smoothly move together while following a moving object like tracking a ball or following a plane in the sky. This system is guided by the outside muscles of the eyes and is called your Smooth Pursuits.

REPEAT

Perform 10 figure 8's in total.

1

Hold a pen out at arm's length in front of you.

2

Slowly move the pen in a pattern that makes a figure 8 design in the air.

3

Without moving your head and just using your eyes, follow the tip through the air.

4

Start with a smaller figure 8 and have it increase in size through repetitions. Perform 10 figure 8's in total.