

FOCUSING FLEXIBILITY



PURPOSE

This exercise works on the flexibility of the focusing system and incorporates much faster adjustments of the inside muscles of the eyes responsible for clarity. This is a similar exercise to the previous bullseye exercise we did however this time we are concentrating on rapid changes between focal points to increase our flexibility and efficiency.



REPEAT

Repeat for 3 minutes per eye.

1

Standing straight up, feet shoulder width apart with good posture in front of a window with an object 30 feet away.

2

Place a small dot on the window just below eye level. Draw three circles around the dot with each one slightly larger than the dot. This should resemble a bullseye. Be sure the far away objects can be seen through the bullseye.

3

Gently cover your left eye with your left hand. The distant objects and near bullseye will not be in focus at the same time. Start by looking through the bullseye at the object in the distance.

4

Now change your attention to the center of the near bullseye and look hard to stimulate the focusing system to make it clear. Take small steps closer to the window while keeping the center dot clear. Your goal should be to get as close to the window and bullseye as you can while being able to make it clear and keep it clear.

5

As quickly and accurately as possible, you are going to throw your focus back and forth from the distance object, to the bullseye, to the distance object to the bullseye, holding for 2 seconds at each for a total of 3 minutes. Now gently cover your right eye with your right hand and repeat this with your left eye. Repeat for 3 minutes per eye.