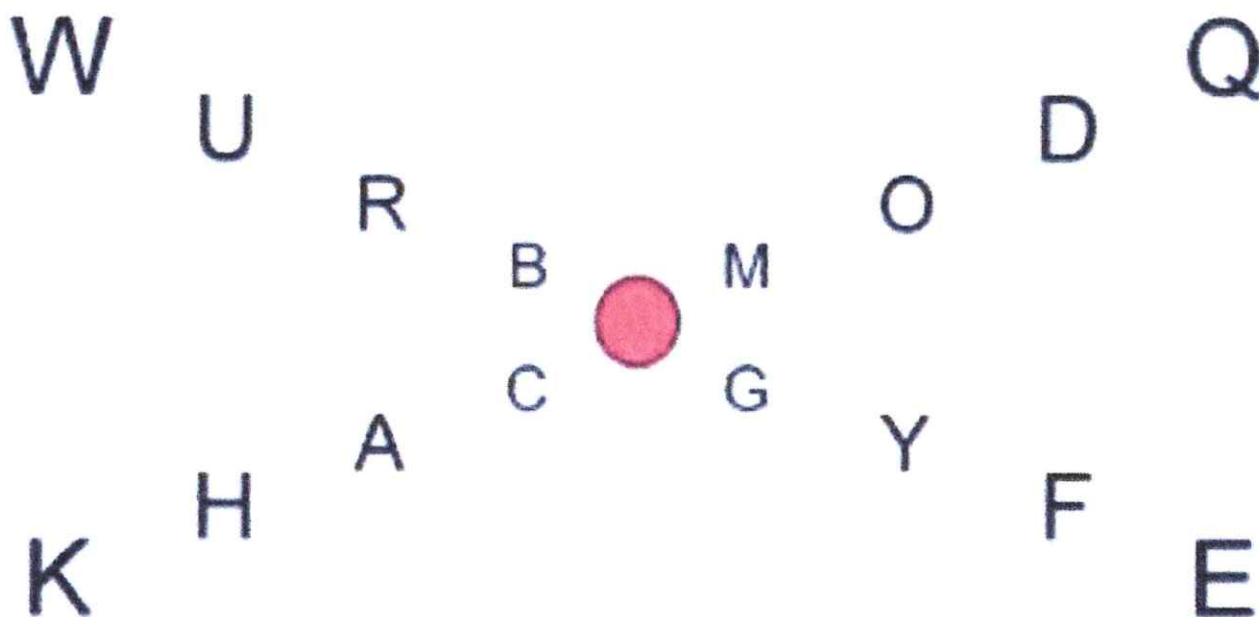


# PERIPHERAL EXPANSION CHART

Improves peripheral vision and field awareness  
*Source: SportsVision Magazine*



## EQUIPMENT/SET-UP:

Work directly off the above chart or take a small piece of paper and prepare a similar grid (about 5" x 7").

## DURATION:

Ten repetitions | Working from the red dot to the outside ring

## DESCRIPTION:

Place the chart in front of you at eye level.

Focus at all times on the circle in the middle.

With your peripheral vision, call out the first four letters closest to the circle.

Then move out one range to the next four letters, and so on.