

HANDEYEBODY COORDINATION CHARTS

LEFT RIGHT ARROWS

Are you ready to empower people of all abilities to move with a level of confidence they've never known before?

HandEyeBody Coordination Charts are fun and functional tools that you can print & implement immediately to help your students, clients, and athletes unlock physical and mental abilities they never knew they had.

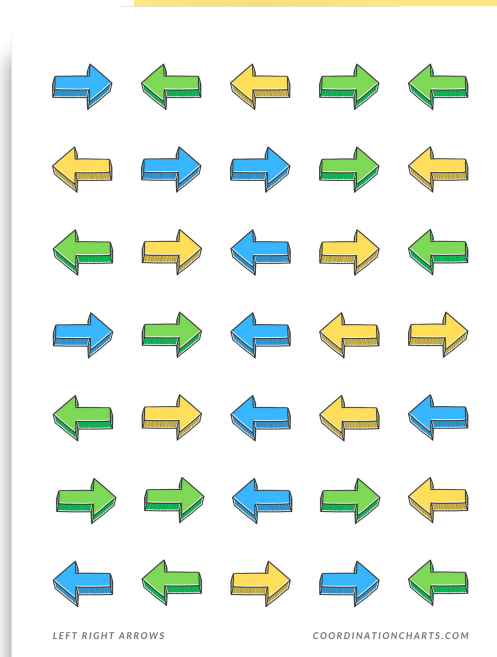
And you'll have a lot of fun too!

The **Left Right Arrows Chart** is designed for bilateral coordination exercises, coordinating movements on the right and left sides of your body.

There are so many fun ways to add this chart into your training and teaching! Get creative with your own exercises and drills, for general fitness and wellness, or to target specific functional goals.

The Left Right Arrows Chart is included in the HandEyeBody Coordination Charts Power Pack, available at coordinationcharts.com.

Enjoy!



SUPERCHARGE YOUR BRAIN + BODY TRAINING!

HOW IT WORKS

Print the chart and display it on a wall at eye level, or on your screen, or handheld on a clipboard. **TIP:** Laminate the paper so that it lasts longer!

Stand in front of the chart at a comfortable distance to read the symbols.

Scan & read the chart, one position at a time.

Remember & process the instructions for each symbol and/or color.

React with the matching movement, and feel your brain & body light up in ways you've never felt before!



VISION



COGNITIVE



MOVEMENT

HANDEYEBODY COORDINATION CHARTS

TERMS OF USE

Please do:

- Print and display one or more copies of this chart for use in your gym, clinic, practice space, on clipboards, or at home.
- Share a printed copy of the chart with your clients, students, or their families/caregivers to practice at home.
- Share your screen with the PDF chart during live virtual coaching.
- Share videos of you using the chart on your social media and mention CoordinationCharts.com!

Please do not:

- Share the digital file with a friend or colleague (please refer them to CoordinationCharts.com instead).
- Share the digital file, high resolution image, or link to the direct file on a web site or forum.
- Alter or resell copies of this chart.

Copyright of the chart designs remains with HandEyeBody Coordination Charts.



ABOUT THE CHARTS

THE CHARTS

I'm Dr. Jacob Weiss, founder of HandEyeBody Academy and HandEyeBody Coordination Charts. I developed these charts for teachers, therapists, and coaches, to make it easy and fun to add cognitive training, vision drills, and coordination challenges to any movement exercise.

Each chart is designed to help you teach and evaluate specific functional goals, including hand-eye coordination, full-body coordination, multi-tasking, footwork, amplitude of movement, and more!



HANDEYEBODY ACADEMY

HandEyeBody Academy's online training will help you become confident in teaching the most effective exercises and modifications for people of all abilities, from children and seniors, to high-performing athletes.

Professional development is available for HandEyeBody Method and HandEyeBody Coordination Charts.

Start learning at [HandEyeBody.com](https://www.HandEyeBody.com) and [CoordinationCharts.com](https://www.CoordinationCharts.com), and follow along on Instagram [@HandEyeBody!](https://www.instagram.com/HandEyeBody!)

Let's have a ball, and lend a hand.