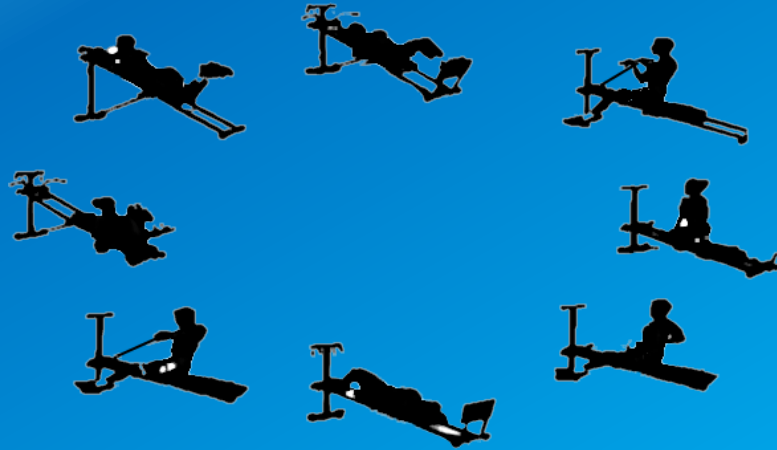


Understanding Your Whole-Brain Training Plan

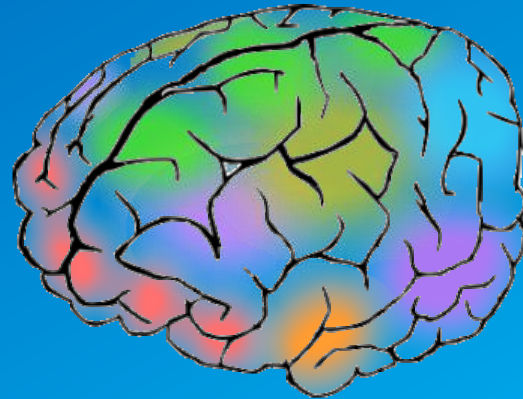
Overview

"Circuit Training"



“Circuit Training”

- Train various issues
- Repeat the circuit
- 2nd or 3rd cycle often has strong positive effect.



Training Plan Layout

- Each block is one session
- Multiple protocols in each session
- HEG in first row
- No HEG in block 5

Whole-Brain Training Plan										
								CH1		
Active (+)	Reference (-)	Link	Protocol	Ch	Preset	State	INH1	INH2	REW	INH1
Block 1. Training										
F7 Fpz F8	HEG		nIR HEG (LIFE)			EO				
C3 C4	(A1 A2)	No	BAL: Alpha beta asymmetry 2C	2		EO				
C3	(C4)	No	FRE: FRE%1C	1	1C BIPOLAR 12-15	EO				
C3 C4	(A1 A2)	Yes	CON: Sync Gamma /SMR	2		EC/EO				
Block 2. Training										
F7 Fpz F8			nIR HEG (LIFE)			EO				
P3 P4	(A1 A2)	Yes	CON: MBC 2C DOWN	2		EC/EO				
F3 F4	(A1 A2)	Yes	CON: MBC 2C DOWN	2		EC/EO				
O1 O2	(A1 A2)	Yes	CON: MBC 2C DOWN	2		EC/EO				
Block 3. Training										
F7 Fpz F8			nIR HEG (LIFE)			EO				
Fz Cz	(A1 A2)	Yes	FRE: FRE	2		EO	2-6		12-16	2-6
Fz Pz Cz Oz	(A1 A2)	Yes	CON: MBC 4C DOWN	4		EC/EO				
Fz Pz	(A1 A2)	Yes	CON: MBC 2C DOWN	2		EC/EO				
Block 4. Training										
F7 Fpz F8			nIR HEG (LIFE)			EO				
F3 F4	(A1 A2)	Yes	FRE: FRE1+	2		EC/EO	2-8		13-21	
P3 T6	(A1 A2)	Yes	FRE: FRE%1C	2		EO	19-38		2-8	
C4 Fp2 T3 P4	(T4)	Yes	*FRE: FRE4C	4	RH Bipolar	EO				
Block 5. Training										
P3 P4	(A1 A2)	Yes	CON: MBC 2C DOWN	2		EC/EO				
P4	(A2)	No	alpha/theta	1		EC				

Training Frequency

- May alternate EEG with HEG
- Complete each block in order until cycle is complete.
- Start again at Block 1 and repeat

	EEG 1	HEG	EEG 2	HEG		
	EEG 3	HEG	EEG 4	HEG		
	EEG 5	HEG	EEG 1	HEG		
	EEG 2	HEG	EEG 3	HEG		

Training Instructions

- Don't think
- Don't try
- Don't judge how well you are doing

*Just pay attention to the
feedback.*