



# FinnSenso Training Program with 12 months time window

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12.


Balance training 


Superman 


Flower 

Crawling, cross-training 

Hip Exercises 

Stretching exercises 

Juggling- Creeping-Rowing 

Eye exercise, pea pack throwing 

Sensory stimulation s \_\_\_\_\_

Finger and foot exercises \_\_\_\_\_

Hand - eye exercises \_\_\_\_\_

Coordination Exercises \_\_\_\_\_

Logical exercises \_\_\_\_\_