The user must intercept the objects that appear on screen with their upper limbs. They must avoid the lower obstacles by raising their feet and they must step on the indicated tiles.

**OBJECTIVES**
- Balance whilst sitting and standing.
- Load transfer.
- Reaching objects.
- Alignment

**MOVEMENT TYPE**
- Lateral Trunk inclination
- Elbow and shoulder extension
- Reaching different distances and heights using upper limbs.
- Crossing legs and leg extension
The user must ensure the avatar shape (aligned with their body) matches the shape shown on screen.

The system forces the user to adopt a vertical position after each movement.

**OBJECTIVES**
- Balance
- Standing position
- Alignment
- Flexibility
- Load transfer

**MOVEMENT TYPE**
- Lateral Trunk inclination
The user must intercept the balloons across different planes and distances. The balloons follow a colour code which indicates which hand must be used. Can be done sitting or standing.

**OBJECTIVES**
- Balance whilst standing and sitting down, as appropriate.
- Trunk control
- Laterality, body scheme (colour code).
- Load transfer, reaching objects
- Flexibility.
- Hand-eye coordination
- Thrust inhibition.
- Alignment

**MOVEMENT TYPE**
- Lateral Trunk inclination
- Shoulder flexion
- Elbow and shoulder extension
REACH WITH SHOULDERS

The user must intercept the balloons which appear on screen using their shoulders. They appear either on the right or the left-hand side, in only one position. There is no colour code.

OBJECTIVES
- Similar to the previous exercise, for hemiplegics.
- Specifically helps to work on reaching objects when the arms cannot be moved by using the shoulder to reach the object.

MOVEMENT TYPE
- Trunk inclination
- Trunk extension
The user only sees the position of their hands. They have to cover the holes that appear in the boat. Both hands are moved independently. There is a colour code.

**OBJECTIVES**
- Trunk control
- Laterality
- Body scheme (colour code).
- Reaching objects
- Hand-eye coordination

**MOVEMENT TYPE**
- Reaching different distances and heights with the upper limbs
ROW THE BOAT

The user must row and move their hands in a coordinated and parallel fashion. There is no colour code.

OBJECTIVES

• Bilateral Arm Training (BAT).
• Repeated flexion-extension movements on a horizontal plane with both upper limbs to activate both cerebral hemispheres.
• The patient can use a bar to facilitate the movement of the unaffected upper limb.

MOVEMENT TYPE

• Shoulder flexion and elbow flexion-extension movements coordinated with both upper limbs
The user must bail the water out of the boat using the pump, which is activated by moving the hands in a parallel but inverted fashion. There is no colour code.

**OBJECTIVES**
- Trunk control.
- Laterality
- Body scheme(color code)
- Reaching objects.
- Hand-eye coordination.

**MOVEMENT TYPE**
- Bilateral Arm Training (BAT).
- Repeated flexion-extension movements on a horizontal plane with both upper limbs to activate both cerebral hemispheres. One arm is extended and the other one is flexed.
PLACE OBJECTS

The user can see themselves in the mirror and must place the objects that appear on screen in the correct targets located at head height.

OBJECTIVES
• Arm functions

MOVEMENT TYPE
• Hand.-mouth
• Hand-shoulder
• Hand-ear
• Hand-head
The user must intercept the objects that appear on screen with their upper limbs. They must avoid the lower obstacles by raising their feet and they must step on the indicated tiles.

**OBJECTIVES**

- Balance whilst sitting and standing.
- Load transfer.
- Reaching objects.
- Alignment

**MOVEMENT TYPE**

- Lateral Trunk inclination
- Elbow and shoulder extension
- Reaching different distances and heights using upper limbs.
- Crossing legs and leg extension