



XEROBURST

/ BRAND BROCHURE



THE REAL CHALLENGES

For individuals with **ASD, ADHD**, and **other developmental delays**, challenges in movement and physical participation are neurological. Over 96% of individuals with ASD experience sensory processing differences. These are brain-level challenges — and they respond to brain-level interventions.

What XEROBURST is designed to address:

- **Proprioceptive processing difficulties** — poor body awareness, coordination challenges
- **Motor coordination deficits** — delayed development, poor sequencing and balance
- **Sensory dysregulation** — over- or under-sensitivity disrupting movement and attention
- **Executive function impairment** — inhibitory control, working memory, flexibility
- **Attention instability** — difficulty sustaining focus during physical activity
- **Reaction timing delays** — slower stimulus-to-response processing

WHAT IS XEROBURST?

A neuroscience-driven ecosystem that trains the brain-body connection through structured, measurable movement systems. For neurodiverse individuals, it provides the organised sensory-motor input the brain needs — in a controlled, repeatable, predictable format.



The core training sequence:

Perceive → Process → React → Execute

Randomised controlled trials confirm that structured physical activity interventions significantly improve executive function and motor skills in children and adolescents with ASD and ADHD. XEROBURST delivers this in a consistent, adaptable environment.

Every session is structured. Every session is predictable. The challenge level adjusts — the format does not.



The Gap **XEROBURST** Closes

For neurodiverse individuals, the gap is between neurological potential and functional, everyday performance.

Meta-analyses of RCTs confirm that structured, cognitively engaging movement produces significant gains in executive function and motor skills in **ASD and ADHD** populations. XEROBURST delivers this in a controlled, scalable, measurable format.

Why traditional physical activity often fails here:

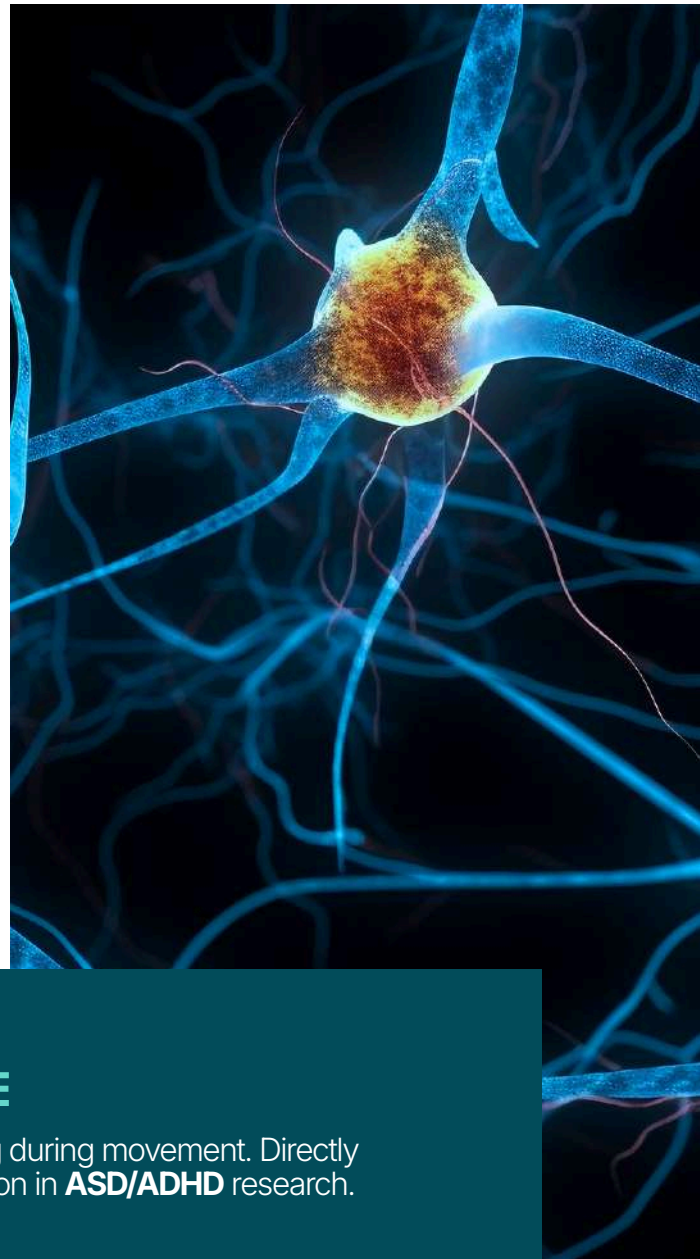
- Does not provide structured proprioceptive input the brain needs to build body awareness.
- Does not target executive function alongside movement.
- Is unpredictable — a significant participation barrier for many neurodiverse individuals.
- Is not designed around sensory regulation.

THE CORE 5 FRAMEWORK

The Foundation of XEROBURST

- Cognitive • Visual • Reactive
- Executive • Motor

Five neurological systems XEROBURST trains — each a documented area of challenge in **ASD, ADHD**, and **other developmental delays**.



COGNITIVE

Attention regulation and decision-making during movement. Directly targeted by structured physical intervention in **ASD/ADHD** research.

VISUAL

Tracking, scanning, and eye-body coordination. Structured visual-motor challenges build this processing capacity progressively.

EXECUTIVE

Inhibitory control, cognitive flexibility, working memory. Primary impairment areas in both ASD and ADHD — respond to cognitive-motor training.

REACTIVE

Reaction timing and initiation accuracy. Predictable light-based stimuli build reliable response patterns safely.

MOTOR

Coordination, proprioception, balance, and sequenced execution. Structured proprioceptive input supports the motor development delays common to ASD/ADHD.

Together these form the neurological foundation of competitive performance



Movement Training – What It Addresses

Cognitive Load Training

Decision-making during physical exertion, scaled to the individual. Builds the capacity to manage mind and body simultaneously.

Visual Motor Integration

Accuracy and speed of the eye-to-body signal. Supports daily tasks requiring visual-motor coordination.

Movement Control

Proprioceptive input and sequenced movement precision. Directly addresses body awareness, balance, and coordination deficits.

Reaction Based Conditioning

Structured, predictable stimuli. Not startling. Not unpredictable. Progressive.

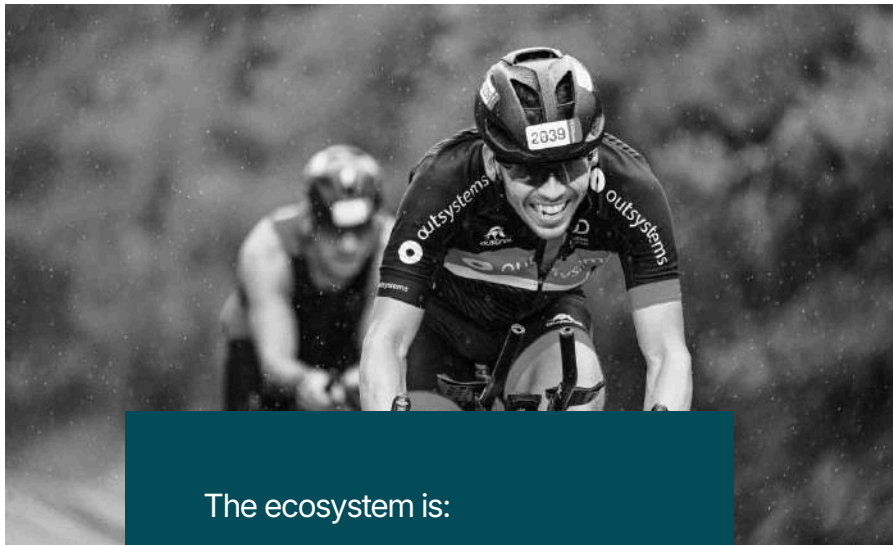
Neural Endurance

Progressively extends the window of focused, controlled participation for individuals with attention fatigue.

WHY IT WORKS

XEROBURST is grounded in the same scientific principles as sensory integration therapy and neuro-motor rehabilitation — with the structure of a performance system.

- Improved motor coordination and gross motor skills — documented across RCTs in ASD/ADHD
- Executive function gains — inhibitory control and working memory responding to structured movement
- Better sustained attention during physical activity
- Emotional regulation — reduced cortisol, improved mood stability, calmer transitions
- Proprioceptive regulation — structured input reducing sensory-seeking behaviours
- Increased participation through predictable, structured environments



The ecosystem is:

Scientifically Measured

Objective data supports therapists, educators, and families.

Evidence Based

Derived from ASD/ADHD intervention literature and sensory integration research.

Functionally Improved

Outcomes transfer into daily life — coordination, attention, participation.



THE XEROBURST ECOSYSTEM

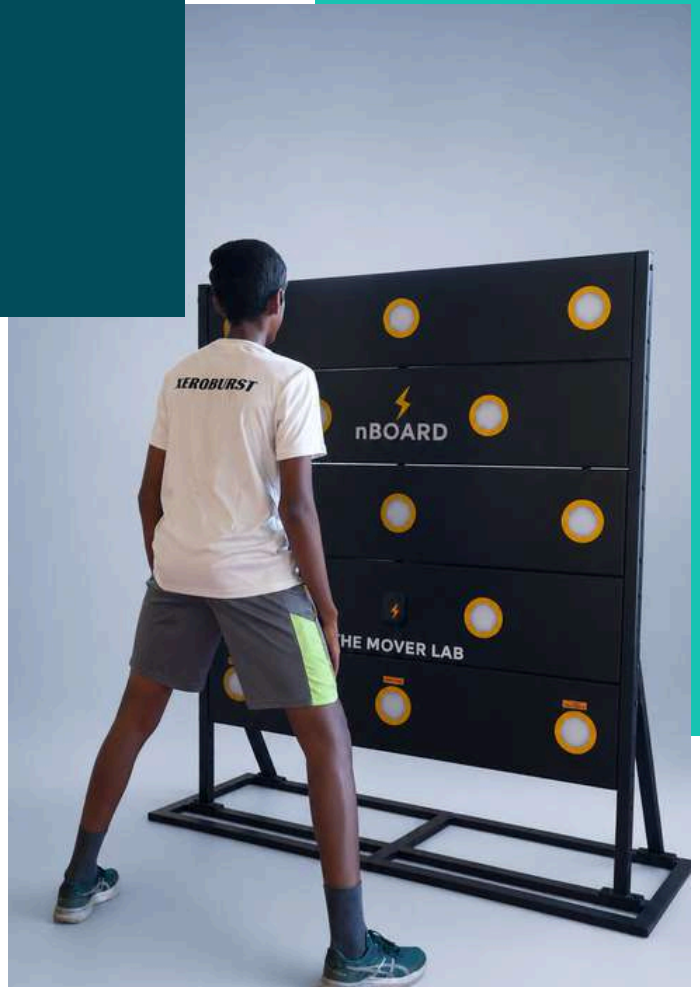


nBASE

Interactive Floor Mat

Consistent, controllable stimulus speed and demand level. Delivers proprioceptive input through every response, trains visual scanning, working memory, and lower-body motor coordination.

Well suited for: Sensory integration, rehabilitation, developmental programmes for ASD/ADHD.



nBOARD

Interactive Wall Panel

Wall-mounted targets with adjustable stimulus patterns. Trains hand-eye coordination, reaction speed, peripheral awareness, and bilateral upper limb coordination.

Well suited for: Upper body motor development and visual processing for neurodiverse individuals.



nFIELD

Multidirectional Movement Environment

Stimulus poles across a movement space. Full proprioceptive and vestibular engagement through multidirectional movement. Trains spatial awareness, body boundary understanding, and sustained attention during extended physical activity.

Well suited for: diverse children who benefit from structured movement, proprioceptive engagement, reaction training, and active cognitive participation.

4

nCOURT

Full Integration Environment

Trains integrated sensory-motor processing, sustained executive function under multi-stimulus conditions, and full-body coordination across a structured session.

Well suited for: Advanced individual programmes and specialised therapeutic environments.

PERFORMANCE OUTCOMES



- Improved motor coordination — gains in gross motor skills across ASD/ADHD groups
- Better proprioceptive awareness — reduced clumsiness, improved balance and stability
- Executive function improvement — inhibitory control, working memory, cognitive flexibility
- Improved attention — sustained engagement building with consistent structured sessions
- Emotional regulation — calmer transitions, reduced anxiety, improved mood
- Reduced sensory-seeking behaviours as structured proprioceptive input meets regulation needs
- Increased participation in structured, predictable environments
- Social engagement — shared activity building interaction and collaborative sequencing

The result is measurable improvement in functional performance, participation, and daily quality of life.

Contexts & Applications

Healthcare & Rehabilitation

Motor-cognitive integration, occupational therapy, post-diagnostic intervention for ASD, ADHD, and developmental disorders.

Special Education

Movement-based attention regulation and executive function development integrated into educational programming.

Sports Participation & Inclusion

Structured environments supporting neurodiverse individuals in building motor skills and participating with confidence.

CORPORATE PERFORMANCE

Attention, cognitive resilience, executive function.

Child Development

Proprioceptive and vestibular input supporting coordination and sensory integration in children with neurodevelopmental conditions.

Active Aging & Neurological Conditions

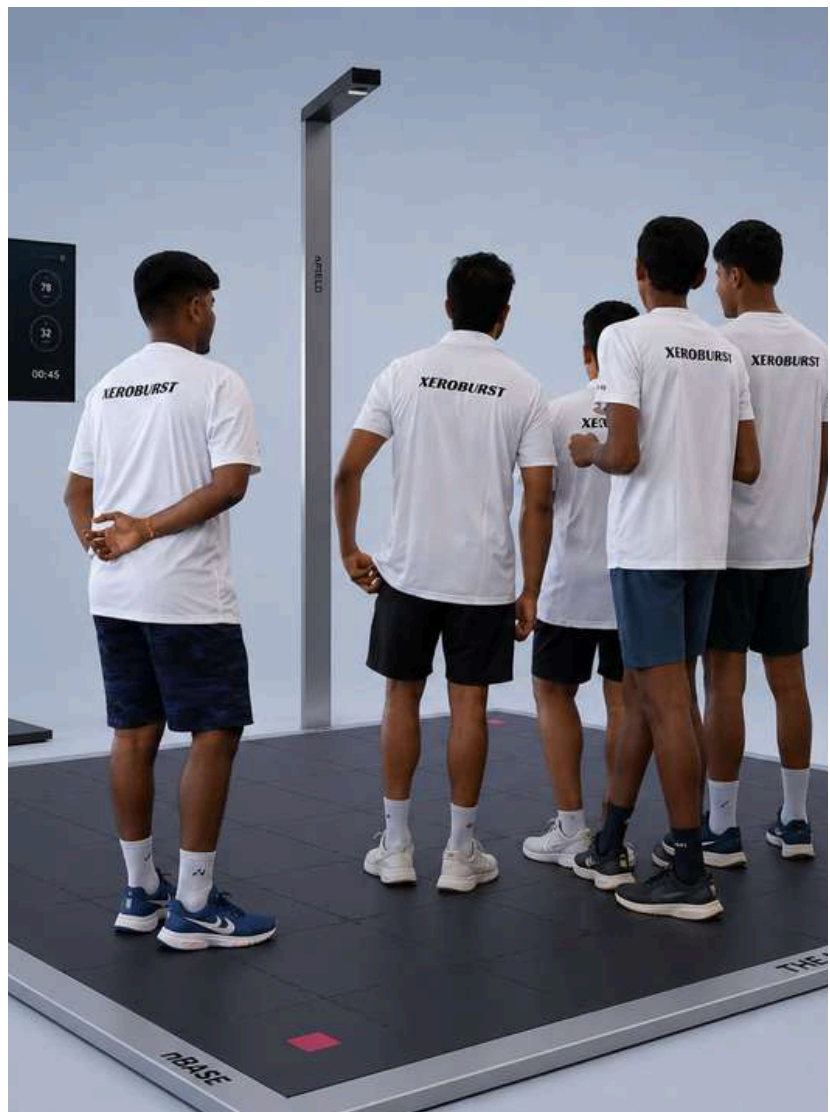
Balance, proprioception, and coordination retention for older adults.

Fitness & Wellness

Brain-body training adapted for neurodiverse individuals in fitness settings.

TRAINER CERTIFICATION & DEPLOYMENT

Certification prepares practitioners to deliver structured neuro-performance training across clinical, educational, and therapeutic environments.



Covers:

- Neuroscience foundations and functional brain health assessment
- Sensory-motor screening and individual baseline protocols
- Cognitive-motor integration and programme adaptation
- Professional and ethical standards for neurodiverse contexts

Certified practitioners work across occupational therapy, special education, rehabilitation, and performance settings.

Built for Every Brain



The research is clear: structured, cognitively engaging physical activity produces measurable improvements in executive function, motor coordination, sensory regulation, and sustained attention in neurodiverse individuals.

- Structured, predictable environments that support participation
- Progressive proprioceptive and sensory-motor input
- Cognitive-motor integration building executive function through movement
- Measurable, tracked outcomes supporting clinical and educational reporting
- Adaptable challenge levels — from foundational sensory-motor to advanced performance

XEROBURST is a complete neuro-performance ecosystem — engineered to support every brain's potential for growth, function, and participation.



XEROBURST

Training the System Behind
Performance

Neuroscience
Movement Intelligence
Functional Brain Health
Real World Execution

Where **neuroscience** meets
movement.

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