## How To Build a Procedural (Motor) Memory

CHALLENGE

**ATTENTION** 

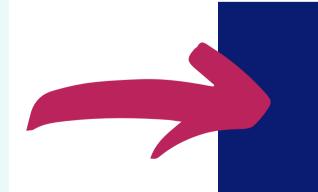


INTENTION





REPETITION



TIME

