INTRODUCTION At the present time, one of the sporting activities, which are multiplied and carried out for different purposes, is “Life Kinetik” exercises. Life Kinetik (LK) is a kind of brain exercise system which is performed by psychical activity and thus forms new connections among brain cells. It has been demonstrated that the aforementioned exercises have both psychical and cognitive positive effects on elite athletes and sedentary people. Therefore, the issue of whether the LK exercises contribute positively to the psychical and cognitive skills of athletes appears as a problem to be observed further. PURPOSE The purpose of this study is to investigate whether the LK exercises performed by boxers have any kind of effect on the visual attention, eye-hand coordination and dynamic balance performances of the athletes. METHOD In accordance with the purpose of this study, 29 athletes (4 female/ 25 male) who do exercises regularly at Sakarya Boxing Club have been divided into two groups as control and experiment group. The Star Excursion Balance test was used to measure participants' dynamic balance performance, the Bourdon-Wiersma Stipple test was used to measure visual attention, and the Alternate Hand Wall Toss test was used to measure eye-hand coordination as pre-test and post-test. Repeated Measures Anova analysis was used for the analysis of the obtained data. RESULTS In terms of the obtained data, it has been observed that between the pre-tests and post-tests a significant development pattern shows itself for the whole study group. On the other hand, as for the investigation of the pre-test and post-test interactions of the experiment and control group, When the pretest and posttest interactions of the experimental and control groups were examined, there was no significant difference in visual attention and dynamic balance development -[F(1,27)=.014; p>0.05]; [F(1,27) =.292; p>0.05]- , but in the eyehand coordination test, the improvement in the experimental group was found to be higher than in the control group. [F(1,27)=8.439; p<0.05]. DISCUSSION AND CONCLUSION The findings of the study in which Life Kinetic exercises applied to boxers for 8 weeks showed that there was no significant difference between dynamic balance and visual attention development values, but there was a significant difference between control and experimental groups, eye-hand coordination development values. Furthermore, limited number of studies concentrating on LK supports the results of eye-hand coordination of this study. On the other hand, there are also a number of studies which investigate the effects of LK exercises on athletes from different branches in terms of their balance performance. These studies report that LK exercises have not any effect on the balance development of athletes. Researchers who find, develop and endeavor to popularize LK exercises generally refer to the studies on children or students with dyslexia in order to prove the effects of these exercises on significant cognitive skills and visual attention. Except for this study, it has been discerned only one study in which the connection between LK exercises and the visual attention development of athletes with intense exercise schedule is investigated and found to present positive results in contrast with this study.