



## Z-Health Newsletter - July 2008

Your monthly insight to Life in Motion

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### Calendar of Events

Our current schedule is below. Check our [website](#) for updates.

#### Conferences & Workshops

- Minneapolis, MN: Oct 31 - Nov 2 - The Essential Secrets of Elite Performance [www.dragondoor.com/zhealth](http://www.dragondoor.com/zhealth)

#### R-Phase (Level 1)

- Fremont, CA: Jul 25-27 & Sept 19-21
- Edinburgh, Scotland: Sept 1-6
- New York, NY: Sept 26-28 & Nov 14-16
- Los Angeles, CA: Oct 20-25

#### I-Phase (Level 2)

### Wimbledon 2008

This year's Wimbledon final was arguably the *best tennis match EVER PLAYED*. The athleticism displayed by Roger Federer and Rafael Nadal was awe-inspiring – they pulled out all the stops and played every point as if it was match point. They consistently made what the professional commentators called "impossible shots" -- time after time.

We **LOVE** these incredible displays of athleticism at Z-Health Performance Solutions. The entire Z-Health system is designed to teach "*ordinary people what great athletes do naturally*". In case you are unfamiliar with how the Z-Health system progresses, S-Phase (Sports Phase) is the R-Phase of athleticism, and teaches the foundations of this sort of amazing movement. One incredible shot by Rafael Nadal in the 4th set beautifully demonstrates Z-Health's S-Phase in action.

In this dramatic, "you have got to be kidding me" moment, Nadal, a left-handed player, stood two feet from the net on the left half of the court, facing Federer. Federer sees the entire right half of the court exposed and lobs the ball in to the right half of the court. Now, S-Phase in motion...

- Nadal at the net, in **Dynamic Athletic Ready**. Dynamic Athletic Ready gets him in a position where he can quickly change directions and respond to whatever Federer sends his way.
- Next, Nadal sees that the ball is going over his right shoulder. He uses his excellent **visual skills** to track the ball.
- A few **Side Flow** steps are next, which quickly turns in to a **Cross-Over Step** to begin moving to the right while still keeping his eye on the ball. Both steps are great for keeping your eyes in one direction while heading in another -- perfect for a reactive sport like tennis.
- Quickly realizing that he's going to need to head to back and to the right, Nadal

- Durham, NC: Jul 10-13
- Chicago, IL: Aug 7-10
- Minneapolis, MN: Aug 21-24
- Denver, CO: Oct 9-12
- Fremont, CA: Nov 6-9

uses the S-Phase **Rotational Step** to really turn.

- Now, Nadal is accelerating as quickly as possible to reach the ball. He doesn't have a lot of time or distance to cover, so he really needs to focus on **maximum speed in minimum time**. Knowing that the body will only accelerate as quickly as it can decelerate, this type of training is a critical piece of any training puzzle.
- Since Nadal is running away from the net, and cannot really see the ball, he now relies on his countless reps and the **fifth element of efficiency, Rhythm**, to understand the pace of the return and to time his movement and shot.
- Lastly, he leaps up, using basic **Plyometrics** skills, to reach up, and hit the ball with an overhand shot, facing backwards, while barely seeing the ball up and to the left. AND, IT LANDS IN!

Nadal goes on to lose the point, but ultimately wins the match, defeating Federer in his quest to win his sixth straight Wimbledon.

This point, and the entire match, all illustrate the enormous value of learning and practicing ON PURPOSE what elite athletes do naturally. Z-Health is designed to help ANYONE become a "natural athlete" and S-Phase is where it happens.

This month, we are proud to announce that we spent four fantastic, albeit hot, days in Phoenix shooting video for our upcoming S-Phase DVD release. Keep your eyes peeled in the coming months for announcement as we finalize the DVD production of Z-Health S-Phase -- Elite Athleticism for Everyone.

Have a great month!

### **Workshop: The Essential Secrets of Elite Performance**

Discover the secrets of world class athletic performance that create epic feats like that of Nadal described above.

Join us for three full days of Z-Health that will supercharge the future of your training and active lifestyle. This course will present, in an immediately usable format, the drills and skills of R, I, & S Phases (Levels 1-3) of Z-Health that are the foundations for healthy, pain free movement and outstanding athletic performance.

Sponsored by Dragon Door Publications, this is the most complete introduction ever presented to the Z-Health system and the amazing, often instant, results that it produces. If you are an athlete, trainer or just looking to improve the quality of your life, this is simply an event that you can't afford to miss.

#### **Minneapolis, MN**

**Friday, October 31, 2008 - Sunday, November 2, 2008**

**Friday: 9:00am–12:30pm & 2:00pm–6:00pm**

**Saturday: 9:00am–12:30pm & 2:00pm–6:00pm**

**Sunday: 9:00am–12:30 pm & 2:00pm-4:00pm**

Concepts and benefits include:

- Why the nervous system rules (this is the secret to instant results)
- The 4 elements that you must master to maximize the results of any training program
- 7 ways to get out of pain in less than 5 minutes
- How to harness your body's drive for survival to melt away excess body fat
- Hundreds of movement drills and how to apply each of them
- The Z-Health Movement Template approach - Create perfect training sessions on the fly
- How vision and balance problems can put the brakes on strength and movement

-- and what to do about it

- Master key Visual Drills that create lightning-fast responsiveness.
- Develop linear and lateral speed that leaves your opponents in the dust.
- Uncover explosive power, the Z-Health way

To register, contact Dragon Door at [www.dragondoor.com/zhealth](http://www.dragondoor.com/zhealth) or call 1-800-899-5111.

Workshop Code: WZ01

Workshop Reference: Z-Health Seminar

Tuition: \$797, or \$647 if you register by July 30th. Other early bird registration discounts are also available.

### Trainer Spotlight: Jason Rhymer

Jason Rhymer is a Level 4 certified trainer and self-described "gym rat" who has been training clients in Charlotte, NC since 2000. He has a weekly audio postcard, *Rhymer Reasons Fitness Minute*, and recently did a series called Counterintuitive Fitness. These "minutes" embody the Z principles so well that we just had to share, and have reprinted one below. We caught up with him to ask him a few questions about his business, training philosophy, and how Z-Health has made him a better coach and trainer.

#### Tell me a bit about your training philosophy?

My training philosophy is pretty simple:

Our bodies are made to move, and when we stop moving, our bodies stop working. So, the biggest question is how do I keep moving forever? I contend that life-long fitness has to be fun! I found success with creating fun fitness "challenges" for my clients involving different implements, obstacle courses, sports-specific themes, and other "out of the box" techniques.

Let me add that "fun" doesn't necessarily mean "easy" or "unstructured". We still follow training cycles and work hard, but I think fun and entertaining training sessions are very under-appreciated by most coaches in the training industry.

#### Where do you train and what does your "typical" client look like?

We are a mobile training services company bringing bootcamps, corporate wellness programs, and one-on-one sessions to cul-de-sacs, backyards, and parking lots in the Charlotte area. Our ages range from 9-90. Coach Bobby Robinson (R & I-Phase certified) and I are blessed to have a wide-range of clients with a lot of diverse backgrounds, goals, and issues that keep us on our toes. When talking about our "typical client", I think today's schedule should give you a good idea of that diversity. I started at 6:00 am with a mom's bootcamp (5 moms in early 40's) in a cul-de-sac in a suburban neighborhood. At 1:00, Bobby and I worked with 3 middle-school kids on linear speed development in their driveway. At 3:00, I worked with a 90 year-old gentleman at a country club on Z-Health specific drills to improve his gait. Finally, at 6:00 pm, I drove to a 50 year-old lawyer's house for a one-on-one session that involved Z-Health, band work, and medicine ball training.

I think a good Z-Health answer to "who is our typical client" is anyone with a nervous system.

**Knowing you are a Z trainer, you are all about the compound movements and just being as efficient as possible. What are your favorite tools of the trade? I see a lot of barrels, tires, and other "functional fitness" tools on your web site.**

I'm definitely a "jack of all (fitness) trades and master of none" when it comes to strength implements. Remember, my focus is having fun so I love exploring with kettlebells, sleds, tires, barrels, sandbags, bands, medicine balls, sledgehammers, power rings, rocks, trees, and other things that are still to come as I keep exploring in the future.

**How do you incorporate Z in to your sessions? How has Z helped you with**

## clients, improved your business, etc.

Z-Health is a vital part of everything we do as fitness professionals -- I describe Z-Health's importance with this analogy. Think of your computer...most of us have Windows or some other system running all of your applications. Z-Health is our Windows...our controlling system that runs all of our crazy, fun fitness programs. So, whether you are sprinting or flipping a tire or performing a Farmers Walk Suicide, all of the basic elements of efficiency and nervous system awareness that we learn in Z-Health, applies to our programs.

Z-Health has helped our business in so many ways. The first and most obvious is pain relief. Before Z-Health, when a client was in pain, I would just work a different area of the body or not really know what to do. Now I feel like I have an unlimited tool box to try different ways to communicate with their nervous system to help them move better. Another way this helps is credibility. We get calls from potential clients who heard from a friend about how we helped their back or knee or whatever and that is enough for them to hire us as personal trainers. Parents are also encouraged to have you work with their kids when you put a huge emphasis on pain-free movement.

*You can learn more about Jason and sign up the weekly audio postcard at <http://www.rhymerfitness.com>*

## Get Off the Treadmill!

*As mentioned in the previous article, this is a transcript from a weekly audio postcard from Jason Rhymer, the Rhymer Reasons Fitness Minute. This "audio postcard" beautifully embodies Z principles, so we asked Jason if we could share it with all of you.*

Time once again for the *Rhymer Reasons Fitness Minute*. We're going to keep our series called the Counter Intuitive Fitness Approach going this week as I blast treadmills. Here are **Five Quick Reasons why you need to Get Off the Treadmill** and start exploring with movement in other ways.

**#1)** It weakens the posterior leg muscles. Now this should make a lot of sense, actually. If the ground is moving underneath you and you don't actually have to propel your body along the surface of a treadmill then your glutes and hamstrings over time stop doing what they're designed to do and they actually get weaker. This is why you'll often see with treadmill runners that they'll have a flat tushie. We don't want flat tushies, do we? No. We want a rounded, nice muscular bottom and that happens from sprints, jumps, lunges, squats -- all the kind of fun stuff that we like to do within our boot camps.

**#2)** It is one motion and one plane of movement. Now your body is made to rotate and move laterally and diagonally and up and down and all around and the treadmills forces you into just linear movement which is okay, but there's more to life than just linear speed.

**#3)** It is neurologically unsound. Just real quick, I'm going to say that it confuses your brain. Leave it at that. When the ground is moving underneath you there's no real transfer to running on the road or outside. So, especially if you're a competitive athlete, get off the treadmill. Limit, limit, limit your time there. It won't apply to your races that much. It's kind of confusing the brain.

**#4)** They're expensive, they're bulky and for all these other reasons I've told you, why spend thousands of dollars on something that's going to take up most of the room in your home or even takes up a lot of a gym facility when they're so limiting? I can tell you that with just a \$20 medicine ball or maybe a jump rope that costs \$8 or \$9, there are so many ways to move your body in a cardiovascular sense that you get great results from.

**#5)** They're boring. That's right! I can think of about a thousand things that I'd rather do with my body than standing in one line, making my hamstrings and glutes weaker and just not getting the great results that I

want.

So there are five reasons why you need to get off the treadmill.

### **LIVE WITH STRENGTH!**

You can learn more about Jason and sign up the weekly audio postcard at <http://www.rhymerfitness.com>

### **Newsletter Archive**

**Did you miss an issue of the Monthly Newsletter?** Delivered on the 15th of every month, the newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance Solutions.

**Did you forget to sign up for the Weekly Training Tips?** The Weekly Training Tips is a new series that started on June 22nd. Delivered to your inbox every Sunday, these brief training nuggets will be sure to enhance all of your activities.

Catch up on all of our [back issues](#) on the Z-Health web site or [update your subscription](#) so you are getting the latest news.

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