

## Weekly Training Tips

August 10, 2008

Last week's tip examined the second of the 4 Elements of Efficiency in Z-Health. This week, let's quickly examine the third element of efficiency: **Synchronized Respiration**. Synchronized respiration is a fancy term to remind you that your lungs are a sponge, and that movement either squeezes air out or creates a vacuum to suck air in.

As you perform any type of exercise including Z-Health, the most natural, physiologically correct way to breathe is to let the motions that you make create your breathing. In essence, when the lungs are squeezed through movement and position, this should create an exhalation. Conversely, whenever your lungs are allowed to expand through movement you create space to allow the lungs to expand and inhale.

As you train this week, monitor your breathing. Do your best to pay attention to it on every rep of every drill and see if you are practicing good synchronized breathing patterns. Finally, note which Z drills move your torso enough to create a breath, and also notice those that don't. If any movements do not compress or expand your torso, just breathe naturally and stay as relaxed as possible. Good luck and keep moving!

Keep Moving,

Dr. Cobb

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