

Weekly Training Tips

August 17, 2008

The last of the 4 Elements of Efficiency in Z-Health is: **Balanced Tension and Relaxation**. While this sounds simple, it is actually a very high level skill! In fact, most studies indicate that one of the primary differences between amateur and elite level athletes is the ability to quickly move from tense to relaxed to tense again.

In Z-Health, we want to practice this on purpose and not simply trust you to "figure it out!" As you perform all your Z-Health drills this week, focus on staying as relaxed as possible. Pay considerable attention to what we call your startle muscles:

1. Face
2. Neck
3. Shoulders
4. Chest
5. Abdomen
6. Hips
7. Inner Thighs

These body areas tend to collect and hold the most unnecessary tension in all physical activities. Stay loose, stay relaxed and reap the benefits!

Keep Moving,

Dr. Cobb

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