

## Weekly Training Tips

**August 31, 2008**

**Super Slow Speed** is one of the most useful training speeds when initially learning Z-Health. Most elite athletes unconsciously and intuitively train at super-slow speed from time to time.

*We want to do it on purpose.*

**Super Slow Speed**, if you remember, requires you to take from 30 seconds to two minutes to complete one mobility drill. While this seems like an incredibly long time while doing the drill, the advantage of moving this slowly is that it allows your body to coordinate and re-coordinate motor pattern, joint, and muscle interactions very specifically and efficiently.

Give it a try this week in at least five different joints and notice the difference.

Keep Moving,

Dr. Cobb

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