

## Weekly Training Tips

**July 20, 2008**

Practice, Practice, Practice. This week, let's talk about repetitions. The Z-Health system is designed to provide maximum results in minimum time. However, you still must accumulate repetitions. In science, this is called the process of motor learning.

Research shows that most elite athletes have performed their sports skills at least 100,000 times. That's 100,000 swings with a driver. 100,000 fastballs. 100,000 forehands, etc. You get the picture. Elite athletes, to perform at world class levels, have practiced their INTEGRATED & COMPLEX sports motions a lot!

The good news in this is that Z-Health can dramatically decrease the required number of reps for you to move like an elite athlete. It does this in two ways:

1. By focusing the drills on enhancing your nervous system's "movement map" – making you smarter about movement.
2. By focusing on the small pieces of movement that, when put together, create the complex motions of real life.

As you practice your drills this week, remember, not only are you working to move and feel better than ever, you are also accumulating repetitions that will propel your athleticism far beyond what you ever thought possible. So, get your reps in!

Keep Moving,

Dr. Cobb

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