

Weekly Training Tips

June 22, 2008

NOTE: Today is the first email in our new series, *Weekly Training Tips*. Written by Dr. Cobb, these brilliant training nuggets will give you food for thought, enhance your training, and provide new insights in to the Z-Health system.

We are sending the first issue to our current newsletter subscribers as a special bonus preview. To continue receiving this quick, insightful, weekly series simply [click here](#) to sign up. If you have already subscribed to this new series, do nothing.

In an effort to respect your inbox, we will only send you these weekly emails if you choose to [subscribe here](#). This will not effect your current Z-Health Monthly Newsletter and, of course, you can unsubscribe at any time.

We hope you enjoy!

In the beginning of the R-Phase manual, you read a quote by Albert Einstein that simply states,

"Everything should be made as simple as possible, but not simpler."

Z-Health was built with this premise in mind! Keep this in mind as you practice. While the movements appear simple, this does not mean that they are easy.

As a result, although the movements are small, and the speed slow, the results are huge because the exercises are focused on improving your nervous system's movement map.

This week, keep your training simple and focus on the precision of the movement. Ultimately, this makes all the difference.

Keep Moving,

Dr. Cobb

<http://www.zhealth.net>

[Subscribe](#)

[Calendar](#)