

Weekly Training Tips

November 23, 2008

If you are like most people in today's economic environment, you are sitting back and reviewing your assets and obligations a bit more than usual. In this process it is very easy to forget the single most valuable asset you have...

time

Regardless of what you want to accomplish in your life and your training, **how you use your available time is of UTMOST importance.**

This week, look for "**empty slots**" in your day where you can fit in 30-90 seconds of mobility work. You might be amazed to find out just how much work you can accomplish this way! I have personally found over the years that by doing a single repetition of either the Neural Warm-Up 1 or Neural Warm-Up 2 drills at a nice coordinated speed pace that I can mobilize virtually every body area in five minutes or less. Give it a try and you'll realize you have far more time "assets" available to change your body than you thought!

Keep Moving,

Dr. Cobb

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