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Subject: **Weekly Training Tip - September 14, 2008**  
Date: September 14, 2008 1:53:52 PM PDT  
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## Weekly Training Tips

September 14, 2008

**Coordinated Speed** in Z-Health is probably everyone's favorite speed. It is a basically comfortable speed for most people, but because it adds some additional level of force around the joints, it makes many people tighten up. Training at coordinated speed often means that people are **shortening their potential ranges of motion**.

So this week, your task is to perform one Z-Health drill at Standard Speed, from five to 15 seconds. Next, perform three more reps of the *same drill* at Coordinated Speed (one to eight seconds).

Note the differences in the range of motion, and the feeling of the exercise. Combining Super Slow and Standard Speed training with Coordinated Speed work within the same session often leads to greater range of motion and greater movement fluidity.

Give it a try and let us know your results.

Keep Moving,  
Dr. Cobb

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