

Weekly Training Tips

September 28, 2008

In Z-Health, the first rule is "Never move into pain." So, the tip for this week is: **Are you following the rules?**

If you train in pain, you will decrease your results, and your performance will suffer. We are simply not wired to perform at an optimal level while we are in pain.

Make your training as pain-free as possible, and you will see huge benefits.

Keep Moving,

Dr. Cobb

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