

Weekly Training Tips

September 7, 2008

The **Standard Speed** of training in Z-Health is still very slow; and that is what this week's Training Tip is all about.

Standard Speed, if you don't remember, requires from 5 to 15 seconds to complete one repetition. Of the four training speeds involved in the Z-Health program, we have chosen to call this one STANDARD because this speed is where most people *achieve the greatest benefits* from their Z-Health drills during initial training.

If you haven't been using a clock, stopwatch, or timer, I can almost guarantee that you haven't been moving this slowly. This week, set the timer, watch the clock, slow down and reap the benefits.

Keep Moving,

Dr. Cobb

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