

Weekly Training Tips

February 1, 2009

Last training tip, we introduced you to our mix-it-up Sequence #1 for our R-Phase and I-Phase drills. We hope you enjoyed the process and noticed some good changes in your movement patterns. This week we're going to suggest you try a different version of the mix-it-up sequence.

This time, rather than changing positions in between exercises, you're going to add in **different bodyweight drills** to increase the challenge. So, in between your R-Phase and I-Phase exercises, you'll perform variations of bodyweight squats, bodyweight lunges, pushups, pull-ups, or any other exercise that you are comfortable with.

Please understand that the exercises that you're going to be performing must be ones that you *already have a good grasp of*. The goal here is not so much to get a great "workout" in but rather to explore how bodyweight exercises change your capacity to do mobility drills, and how mobility drills change your capacity to do exercise. Let's take a look at how this would work: First, begin with the R-Phase foot drills, and then follow them with a set of three to five body weight squats. Next knee circles, quickly followed by bodyweight lunges. After that hip circles, interspersed with pushups.

Remember that you can do any of the more difficult body weight exercises utilizing props such as chairs or walls to increase the intensity. One thing that we like to suggest also is to do one-to-one repetition -- so one rep of a lateral tilt on each foot followed by a body weight squat, come back up, do another lateral tilt, another body weight squat, etc. This is a very useful skill set to do as it helps improve your athlete movement transitions.

Enjoy the mix-it-up Sequence #2 this week and keep moving.

Keep Moving,

Dr. Cobb

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