

MAY 2011

Improve Your Performance with Loaded Mobility

One of the most challenging – and fun – parts about working with the human body is that "anything can cause anything."

When you have a headache, it's probably not because someone just hit you upside the head with a bat, but instead, it's because of spring allergies, a conversation that didn't go well, food you shouldn't have eaten, bad lighting, or any of a myriad of other reasons.

That means that it's really important to have a large number of tools in your toolbox to make yourself better – because better is just that, better.

In [the video](#) we have for you, Rick is trying to improve his kettlebell press. He can get the kettlebell up, but he'd love to move up to the next size bell.

We've packed a lot into [this video](#), so below are the key take-aways so you can begin using this in your training immediately.

ASSESS AND RE-ASSESS

Shannon had Rick do an assessment before the loaded mobility work and then followed up with a second assessment after the mobility work – for ultra-precise training, between every drill would be ideal. If you aren't familiar with these self-assessments, you can [download our free report](#) that includes them [here](#). Our motto is, "if you aren't assessing, you are guessing."

NOTE: You only need to choose one assessment tool, we are doing multiples for the sake of demonstration.

WHY THE SHOULDERS AND HIPS

Shoulders. Since Rick is working on his press, Shannon decided to start at the shoulder since it's taxed heavily during the press.

Hips. Shannon chose the hips for two different reasons. First, because it's a personal high-payoff for Rick – and as we talked about above, anything can cause anything. Second, because it's what we call the opposing joint for the shoulder, and working the opposing joint typically positively impacts the joint we want to influence.

(We teach the opposing joint concept in our [R-Phase certification](#), but you can learn more about it by researching "interlimb neural coupling" and "central pattern generators.")

WHY LOADED MOBILITY

Loaded mobility is a valuable tool for a few reasons:

IN THIS ISSUE

1. [Improve Your Performance with Loaded Mobility](#)
2. [Earn ACSM CEU's in our Essentials Home Study Course](#)
3. [Newsletter Archive](#)
4. [Become a Facebook Fan](#)
5. [Learn More on YouTube](#)

EVENTS CALENDAR

Be sure to check [our website](#) regularly for updates.

Essentials of Elite Performance

Boston, MA
June 3-5

Cleveland, OH
June 10-12

Oakland, CA
June 24-26

Bayville, NJ
July 15-17

Minneapolis, MN
July 22-24

Chicago, IL
August 26-28

Vigodarzere, Italy
September 16-18

Dallas, TX
September 16-18

Philadelphia, PA
September 23-25

Las Vegas, NV
October 14-16

R-Phase

Orlando, FL
April 8-10 & May 13-15

Phoenix, AZ
May 13-15 & June 10-12

Seattle, WA
June 24-26 & July 29-31

Denver, CO
July 15-17 & August 19-21

Oakland, CA
July 22-24 & August 26-28

1. **Novelty.** Your brain and body get bored doing the same thing over and over, but will pay attention to something new. When your brain is forced to pay attention, it learns and adapts. Loaded mobility is novel to most people.
2. **Intensity of the experience.** One of the factors that influences how well your body learns is the intensity of the experience. It's the same reason why a single emotional experience is a stronger memory than the thousands of times you've driven the same uneventful route to work every day. Loaded mobility works because adding weight adds to the intensity.
3. **Ligament and tendon strength.** Ligaments and tendons are the unsung heroes of strength, and play a significant role in both your overall strength and your strength at end range of motion. When you add loaded mobility to your training program, you are strengthening the ligaments and tendons in ranges of motion typically overlooked by traditional strength training – making you more resilient.

HOW TO USE THIS

- **Start small.** Just a couple of pounds of resistance can be enough to create a change – the key is to use enough load to provide novelty but not so much as to cause **threat**. For smaller and more delicate joints, remember to start LIGHT.
- **Go slowly.** A little goes a long way, so only do a few reps and then re-assess. Unlike traditional strength training, the idea here isn't to create muscle fatigue – it's to stimulate the nervous system, and secondarily to strengthen the ligaments and tendons. But truly, less is more.
- **Use what you have.** You don't need "gear" to do this. Dumbbells, medicine balls, kettlebells, or even a can of soup or jug of water will work. The bands do make lower body work simpler, but anything you can loop to a solid structure that has a bit of give will work. If you are interested in purchasing bands, we recommend www.joedbands.com

As always, if you have any questions about how to apply this to your own training – or want to learn more at certification – give us a call at 888-394-4198 or email us at info@zhealth.net.

[back to top](#)

Earn ACSM CEU's in our Essentials Home Study Course

Earn 9 ACSM CEU's when you take our Essentials of Elite Performance home study course. An add-on to our best-selling Essentials of Elite Performance mini-course DVD, you will earn 9 CEUs simply by watching the DVD and taking an online test.

HOW TO EARN

We've set up two different options – a test-only add-on for those that already own the DVD and a DVD/test combination product for those don't own the DVD.

While we won't verify that you already own the DVD prior to purchasing the test, several of the questions point to timecodes within the DVD, so it's unlikely you can successfully complete the test without the DVD.

- **Already own the DVD.** [Click here](#) to purchase the just the test. The cost for the test alone is \$50.
- **Need the DVD/test combination.** [Click here](#) to purchase the DVD/test combination. Be sure to

Minneapolis, MN
Sept 9-11 & October 14-16

I-Phase

Bridgeport, CT
May 19-22

Los Angeles, CA
June 16-19

Copenhagen, Denmark
June 16-19

Orlando, FL
July 28-31

Seattle, WA
September 29 - October 2

Phoenix, AZ
October 20-22

S-Phase

Copenhagen, Denmark
September 1-4

Phoenix, AZ
October 6-9

T-Phase

Phoenix, AZ
November 9-12

9S Certification Series

9S: Strength & Suppleness
Phoenix, AZ
July 8-10

9S: Sustenance & Spirit
Phoenix, AZ
September 23-25

choose the test add-on to get access to the test and earn your CEUs. The cost for the DVD plus the test is \$247.

HOW IT WORKS

1. When you place your order, within two business days we'll send you an email with instructions for how to access the test online.
2. If you also ordered the DVD, that will ship out to you via USPS Priority Mail the next business day.
3. Watch the DVD and complete the online test.
4. Once you submit the test, we will grade it, and if you passed we will mail you your completion certificate. If you do not pass, you will have 2 additional attempts to pass.

If you have any additional CEU questions, please email us at info@zhealth.net or call us at 888-394-4198 and we'll be happy to help you out.

P.S. Other certifying bodies will be added in the coming months, but we wanted to make ACSM available as soon as we could.

[back to top](#)

Newsletter Archive

Did you miss an issue of the Newsletter? Our regular newsletter is filled with interviews, articles, reviews, and all of the goodness that is Z-Health Performance.

Are you receiving our Training Tips? These brief training nuggets will be sure to enhance all of your activities.

Catch up on all of [our back issues](#) on the Z-Health web site or click on the "Manage your Subscription" link on the bottom of this email to ensure you are getting the latest news.

[back to top](#)

Become a Fan on Facebook

Z-Health is on Facebook, and right now it's the ONLY place where you can see photos of the Z-Health Performance Training Center and recent certifications.

If you are already on Facebook, [become a fan](#), write on our Wall, or ask a question on our Discussion board. We'd love to hear from you.

[back to top](#)

Learn More on YouTube

Interested in the science and theory behind Z-Health?

Want some athletic performance tips and tricks?

Check out our growing video library on [YouTube](#). Our most popular clips include:

- [Hamstring vs. the Running Shoe](#)
- [Jump Landing Training](#)
- [Z-Health in 3 Minutes](#)

Enjoy!

[back to top](#)
