

Weekly Training Tips

July 27, 2008

In every Z-Health product we discuss the **4 Elements of Efficiency**. These concepts are incredibly important to understand if you want to get the most out of your training. This week, let's look at the first element: **Perfect Form**.

Perfect Form in the Z-Health system means hitting the target. Put simply, in the beginning stages of your training, we do not care as much about your posture and breathing and levels of tension as we do about **your ability to feel the movement in the target area**. If you look at each of the manuals and DVDs that we provide, **every exercise has a specific target**. Perfect Form means hitting that target with every rep, feeling the slight stretch or mobilization in the target joint.

So, in your training this week, as you perform each exercise, do a quick check in the DVD or manual to be certain that you're feeling the movement in **exactly the right spot to maximize your results**.

Keep Moving,

Dr. Cobb

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