

Weekly Training Tips

July 6, 2008

As you perform your Z-Health drills this week, keep in mind that each one is designed to **make your nervous system smarter about movement**. You may have, at some point, heard the computer term: GIGO. It stands for **Garbage In, Garbage Out**. The meaning here is clear, you can only create quality output from quality input!

The important point here is to understand that your nervous system operates very much like an incredibly complex biocomputer. As a result, it follows the same rules. The quality of every repetition of every exercise is important if you want to achieve quality results. **So, focus this week on making every rep, a perfect rep.**

Keep Moving,

Dr. Cobb

<http://www.zhealth.net>

[Subscribe](#)

[Calendar](#)

Copyright 2008 - Z-Health Performance Solutions, LLC