

From: Z-Health Staff <info@zhealth.net>
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To: jen@zhealth.net

Weekly Training Tips

October 5, 2008

Unlike many training programs, whenever you find a particular drill in Z-Health uncomfortable, we don't automatically tell you to simply stop and not do the drill. In many cases, stopping *can actually make the problem worse*.

Remember this week that if anything that you do in Z-Health training is uncomfortable, simply **reduce the range of motion and/or reduce the speed**. The combination of these two factors will almost always allow you to still perform the drill, but in a pain free state that will keep you progressing most effectively.

Keep Moving,
Dr. Cobb

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