

Weekly Training Tips

January 18, 2009

One of the most important components of practicing Z-Health is to remember that creativity plays a **huge** role in your progress. One way to continue your growth in R and I-Phase is to make them different as often as you can. This forces your nervous system to adapt quickly to the changing rules of movement that you are imposing, making for a smarter and more responsive body.

This week, we want you to practice our Mix It Up sequence number one. When you perform your R or I-Phase drills each day, you will change body positions *every third drill*. In other words, let's say you begin with the typical R-Phase foot exercises. After performing lateral tilts and toe pulls, lay down on your back and go through six position ankle circles and knee circles. From there, move to a chair and see if you can figure out how to perform hip pendulums and some hip circles in the seated position.

Using this idea of a "template", go through all of R-Phase and Neural Warm-Up 1. What you will find is every changed position is new requirements on you, **leading to a smarter and sharper nervous system.**

Keep Moving,

Dr. Cobb

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