

**Step-By-Step Training
For World Class
Mobility, Flexibility,
Balance, Vision & Speed**



Essentials of Elite Performance

Are you and your clients ready to take the brakes off your natural athleticism? Join us to finally learn a step-by-step process you can use to master the essential skills of elite performance.

Functional Anatomy & Neurology

Understanding how the body functions as an integrated system is the foundation to your effectiveness and the secret of world-class coaches and trainers.

High-Speed Assessment

A powerful, efficient assess/re-assess protocol that allows you to evaluate posture and movement, as well as visual and vestibular system function and integration.

Z-Health Performance Solutions, LLC and Dr. Eric Cobb have been redefining the health and fitness landscape around the world since introducing their multi-level professional certification programs seven years ago.

The comprehensive Z-Health system is being used every day by doctors, chiropractors, physical therapists, massage therapists, strength and conditioning professionals, sports coaches, personal trainers, world-class athletes and fitness enthusiasts with astounding results.

Professionals who incorporate Z-Health into their programs see their client results skyrocket, leading to not only tremendous professional satisfaction, but to unprecedented levels of financial success -- while athletes of every caliber have found new levels of pain-free performance.

Who Attends Z-Health Courses?

Professionals from all walks of life. A short list would include: Personal Trainers, Pilates Instructors, Yoga Teachers, Physical Therapists, Physicians, Chiropractors, Strength Coaches, Martial Art Instructors, Athletic Trainers, and Athletes.

The Complete Mobility Toolbox

Dynamic mobility drills are the cornerstone exercises for rehabilitation, health enhancement and maximum performance! Z-Health Certification training will provide you with the toolbox you need to teach and, even create, the exercises your clients need most.

What Will I Learn in this Workshop?

We've taken the basic principles from the first three Z-Health certification programs - R-Phase, I-Phase, and S-Phase – (yes, that's 14 days of professional certification training), and created a comprehensive, 3-day workshop designed to show you the step-by-step process necessary to take your life and athleticism to the next level.

R-Phase Essentials

(Re-education, Restoration, Rehabilitation)

Day 1 introduces the basic principles of the Z-Health system from our Level 1 Certification R-Phase (Re-education, Restoration, Rehabilitation).

Learn:

- How Z-Health targets the body's governing system, the nervous system for lightning fast results.
- Neural training principles that will FINALLY help you sort out fact from fiction in the confusing world of fitness.
- Dozens of dynamic joint mobility drills that can instantly create dramatic changes in your posture, strength, power, flexibility, and coordination.
- Ways to harness the governing law of human physiology, the SAID principle, to super-charge your training and results.
- Powerful self-assessments for precise, on-the-spot decision-making to always know if a drill or exercise is the right one for you or your clients.
- The neural principles that govern how your muscles, nerves, and joints MUST interact for truly effective and pain-free movement.
- The six must-do high-payoff joint mobility drills for everyone.

Z-Health Performance: An elite training system for world class mobility, flexibility, balance, vision and speed.



I-Phase Essentials

(Integration)

Day 2 shows you how to take the building blocks from R-Phase to the next level and beyond by introducing you to the principles of our Level 2 Certification I-Phase (Integration), which focuses on drills to remove the road blocks to your natural athleticism.

Learn:

- The Z-Health athletic movement template – your guide to athletic movement mastery.
- Your body's Neural Hierarchy (visual, vestibular, & proprioceptive) and how problems in any of them can put the brakes on your strength and performance.
- How your visual muscles function reflexively and how to use this information to make immediate gains in your strength, speed, flexibility, and mobility.
- Visual and vestibular (balance) self assessments that will make your nervous system run like a fine-tuned machine.
- The seven essential balance training drills for real-world performance.

S-Phase Essentials

(Sports Performance)

Day 3 builds on the athletic movement foundation you established in I-Phase by focusing on precise sports mechanics essentials taken from our Level 3 Certification, S-Phase (Sports Phase).

Learn:

- The difference between your eyesight (20/20) and real-world sports vision skills.
- 10 different sports vision assessments that will show you how to develop the eyes of a pro.
- The Quickness Hierarchy and why there is more to your speed than just raw muscular horsepower.
- 6 biomechanical movements that will quickly become the foundation of your newfound sports speed.
- 5 specific drill sets to help you master the mechanics needed for maximum linear speed and explosiveness.
- Multiple ways in which you can utilize every drill you've learned to maximize your total body explosive power.



How Do I Register?

- Register online at www.zhealth.net/store
- Email us at info@zhealth.net
- Call us Toll-Free at 1-888-394-4198.



For more information about Z-Health®
call 1-888-394-4198 or visit www.zhealth.net