



Professional Certification

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## Step-By-Step Training for World Class Mobility, Flexibility, Balance, Vision & Speed

Are you a professional, willing to invest your time, energy, and finances to make radical changes in yourself, your clients, your business, and your bottom line? Certification training will help you maximize your own health and performance, and show you how to turn your current clients and patients into raving fans!

Z-Health trainers seamlessly blend the science of human movement with the art of movement coaching to create dramatic and immediate changes in their clients' health.

## Why Choose Z-Health?

**Z-Health® is the professional's choice for elite-level training skills:**

### FUNCTIONAL ANATOMY AND 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 assessment protocol allows you to evaluate posture and movement, as well as visual, vestibular, and myofascial system function and integration.

### 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.

### WHO ATTENDS Z-HEALTH COURSES?

We have individuals from all walks of life, including personal trainers, physical therapists, gym owners, athletes, doctors, body workers, Pilates instructors, kettlebell instructors, students, teachers, health care workers, and martial artists.



# What Are the Different Certification Courses?

**Z-Health offers a multi-level certification system, including an entire series devoted to the nine elements of optimal athleticism.**

## **R-PHASE** (Re-education, Restoration, Rehabilitation)

R-Phase certification is the foundational six-day Z-Health program. It introduces the three most significant elements of professional Z-Health training:

- THE NEUROLOGY THAT GOVERNS HUMAN MOVEMENT
- THE R-PHASE DYNAMIC JOINT MOBILITY SERIES
- THE ULTRA-EFFICIENT DYNAMIC ASSESSMENT PROCESS

R-Phase Certification will show you in detail how to help yourself and your clients. This certification contains the core work of Z-Health and its successful completion is a pre-requisite for all other Z-Health certification training programs.

## **I-PHASE** (Integration)

This certification, designed to be the continuation of R-Phase, begins a shift from joint isolation and range-of-motion training to integrated full-body movement patterns. In addition, I-Phase trains the other major controlling factors of movement and posture: the visual, vestibular (inner ear), and myofascial systems.

I-Phase offers you a highly advanced approach to working with their clients - whether to rehabilitate injury or maximize performance. I-Phase is a seamless blend of athletic mobility training and advanced assessment skills. I-Phase includes:

- ADVANCED JOINT MOBILITY DRILLS
- MIRROR-IMAGE MOVEMENT TRAINING AND ASSESSMENT
- VISUAL TRAINING AND ASSESSMENT
- VESTIBULAR TRAINING AND ASSESSMENT
- NEURO-MYOFASCIAL TRAINING AND ASSESSMENT

## **S-PHASE** (Sports Performance)

The Z-Health motto is, "Everyone is an athlete!" S-Phase is designed to give you the toolbox to transform your clients into athletes and build a world-class body in the process. S-Phase is also for the trainer, coach, or therapist who wants to learn the ultra-fast Z-Health tools necessary to help athletes reach their genetic potential! This course covers in intense detail the training drills, program design, coaching techniques, and assessment skills for the seven core athletic attributes:

- VISUAL PERCEPTUAL SKILLS
- LINEAR SPEED DEVELOPMENT
- LATERAL MOVEMENT/SPEED DEVELOPMENT
- POWER GENERATION
- Z-BASED PLYOMETRICS
- POSITION-SPECIFIC Z-HEALTH DYNAMIC JOINT MOBILITY
- ATHLETIC ASSESSMENT SKILLS

The dramatic changes in performance from S-Phase training are so powerful that the theme of this course is: "Giving Athletes The Unfair Advantage!"

## **T PHASE** (Therapy)

T-Phase certification is for advanced Z-Health certified trainers, corrective exercise specialists, therapists, physicians, and anyone else who is interested in incorporating Z-Health myofascial exercises into work with their athletes.

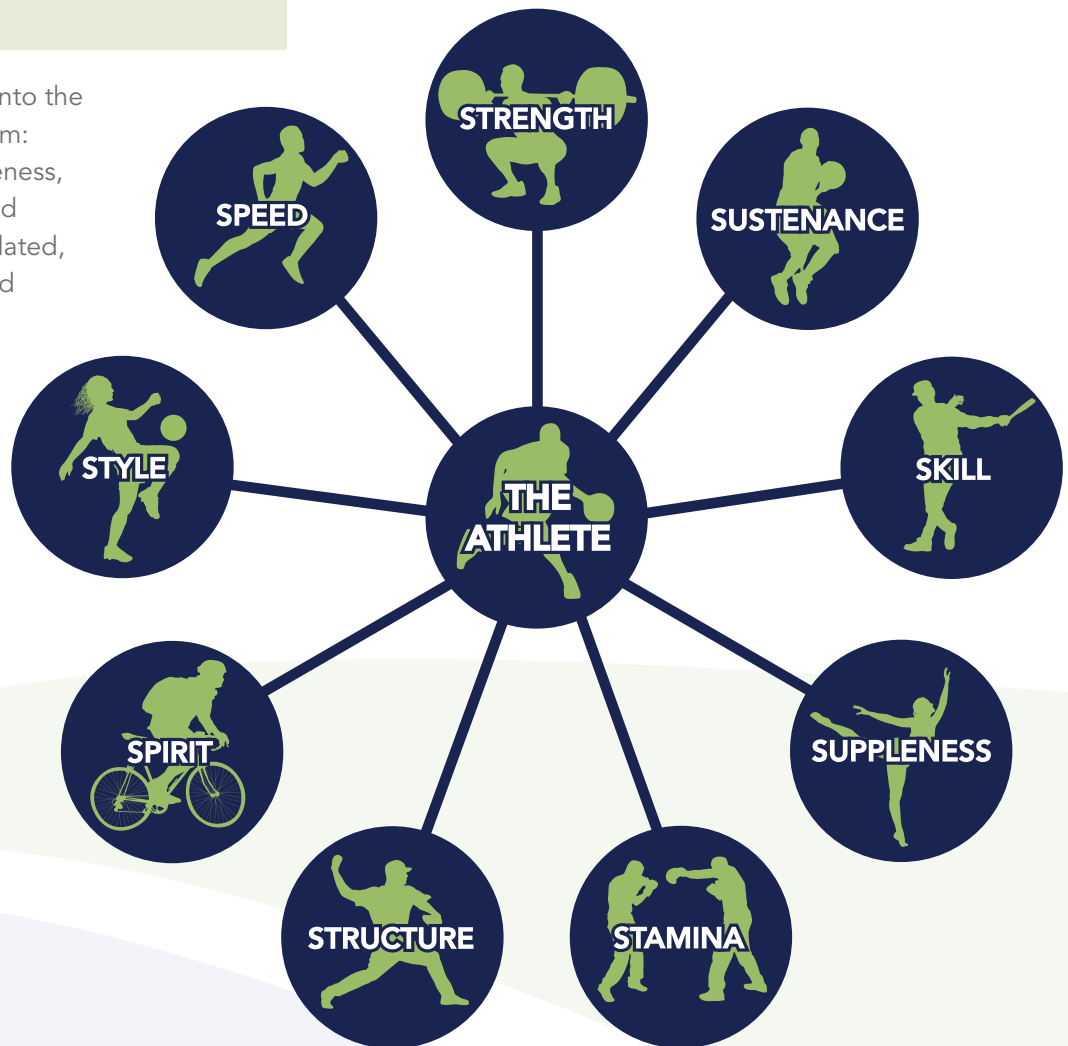
Each day of T-Phase blends theory, assessment, and functional neurology concepts with specific myofascial mobility drills to impact multiple body systems. T-Phase includes:

- PRESSURE CHECKING
- NEUROMECHANIC DRILLS
- RESPIRATION
- SCAR ASSESSMENT
- CRANIAL MOBILITY
- CHRONIC VS. ACUTE PAIN
- PALPATION SKILLS

## 9S CERTIFICATION SERIES

The 9S Certification series delves into the nine elements of optimal athleticism: Strength, Skill, Sustenance, Suppleness, Stamina, Structure, Spirit, Style, and Speed. These “basics” are inter-related, and need to be studied and trained to help athletes reach their full potential.

In Z-Health the athlete and his or her nervous system is the foundation of the system. It is the athlete’s body and skill sets that determines what they need most at any one time. It is a results-based training system that emphasizes the athlete over the attribute.



## MASTER TRAINER PROGRAM

Being a professional, world-class educator demands exceptional levels of skill in a variety of areas. In addition to long and intense preparation, Z-Health Master Trainer candidates must have an extensive Z-Health and academic body of knowledge and demonstrate both academic and physical skills.

To become a Z-Health Master Trainer, each candidate is required to obtain the first four Z-Health Performance certifications. Additionally, each Master Trainer is required to participate in a 9-month testing process, culminating in a six-day live-testing event. Throughout the testing process candidates are continually challenged to demonstrate their mastery of hard science, real world practical experience, world-class assessment skills, and the art of coaching others.

- ▶ OUR CERTIFICATIONS HAVE A 100% MONEY BACK GUARANTEE
- ▶ RE-ATTEND ANY CERTIFICATION COURSE AT ANY TIME. FREE!
- ▶ ACCESS TO OUR PRIVATE, TRAINER-ONLY FORUM
- ▶ DISCOUNTED Z-HEALTH PRODUCTS IN THE TRAINER-ONLY Z-HEALTH STORE
- ▶ WORLD-CLASS REFERRAL PROGRAM

### HOW DO I REGISTER?

- REGISTER ONLINE AT [WWW.ZHEALTH.NET/STORE](http://WWW.ZHEALTH.NET/STORE)
- EMAIL US AT [INFO@ZHEALTH.NET](mailto:INFO@ZHEALTH.NET)
- CALL US TOLL-FREE AT 1-888-394-4198