

What is Z?

Z (Z-Edge) is a movement system that will teach you to learn or re-learn movement series that were natural to you as a child. If you do not look and feel the way you want to—it is because you ARE NOT moving the way you are designed to move. It is not just you—virtually no one—from the average desk jockey to the professional athlete—moves as they were designed to move. Age has NOTHING to do with movement. Movement has everything to do with movement.

Z is a system that will teach you to move the way you were designed to move. Z is the fastest, most effective way to restore, re-educate and rehabilitate your body, one movement at a time.

We believe that when you finally move as you are designed to move 1) you will look better 2) you will feel better 3) you will perform better 4) you will avoid more injuries.

This system is known to less than 60 trainers in the world. Now brought to YOU in Minnesota exclusively by Kinetic Edge Performance.

