Clarion Review

Health & Fitness

Total Human: The Complete Strength Training System
Craig Nybo
Shane Provstgaard
978-1-4259-6518-1
Four Stars (out of Five)

The only reason *The Complete Strength Training System* won't work for readers is if they leave it on the shelf collecting dust. Not just another book "about" exercise *The Complete Strength Training System* is a practical and effective workbook for men and women who are serious about fitness. Those who put its easy to follow principles and strategies to use will be rewarded with a firm fit and healthy body.

Shane Provstgaard has distilled over fifteen years of experience as a personal trainer and fitness instructor as well as Bachelor's and Master's Degrees in Exercise Science into brief and to-the-point scientific explanations of how the body functions and responds to the training process. Following the clearly presented instructions in his book guarantees success in reaching optimum body weight while gaining lean calorie-burning muscle mass.

Beginners as well as the more experienced will find guidelines for designing a personal strength and aerobic training program with tips on how to tell if it's right for them; the science behind the practices; the simple math needed to program and achieve healthful weight loss (and why "cheating" is not the end of the world). There is also information about why fad diets gimmicks and gadgets are a waste of time and money and how to ward off discouragement by realizing that scales lie. Readers will learn how to track real progress by considering shifts in the body's composition as well as some science-based reasoning as to why low carb diets are not the best option and how to eat well-loved foods and still reach weight loss goals.

Asserting that "Good health is the foundation of all things wonderful in life" authors Provstgaard and Nybo reveal the techniques that get results teaching readers the natural language of the body and respect for its need for proper nutrition and rest. Photographs definitions of terms and helpful charts and worksheets to print out and take to the gym provide guidance and offer a means to track progress. A website www.totalhuman.com gives added

instruction and resources.

This book is highly recommended for both men and women who are serious about developing a personal strength training aerobic exercise and diet program. If its principles and concepts are applied in a precise focused way users can expect not only a firm trim fit body but life-changing knowledge body-mind awareness and discipline that will add to their ability to conquer any obstacle in their path.