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EFFECTIVE EXERCISE:

The Complete Strength Training System

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“The Total Human: The Complete Strength Training System” is a day-to-day guide with nutritional and strength training principles for men and women.

This book is a “personal fitness trainer” meant to motivate the initiate in strength and cardiovascular training without discouragement. Authors Shane Provtgaard and Craig Nybo divide the volume into four critical areas that detail body basics, training, dieting and staying motivated.

Part one explains the body’s

musculature and metabolism and how exercise affects those systems. Some of the technical terms are a bit daunting, but the authors provide an easy-to-read summary of information at the end of the chapter.

Part two presents the principles of high energy training. The rhythmic performance of weight exercises, or cadence, is stressed for safe training. For those familiar with workout videos, safety is often sacrificed in energy-related exercises. Not so here. The reader is advised to avoid “gimmicks and bogus exercises.” Every application in cardio-training is evaluated for the reader. Exercisers are

provided with a step-by-step plan to design their own routine to “work their way down the worksheet one muscle group at a time.”

Part three discusses dieting and essential nutrition during high intensity training. Two aspects of diet, intake and expenditure, are profiled in order to help an exerciser meet their personal weight loss goal. Several formulae are provided in order to calculate the metabolic, caloric and lifestyle needs of a person. As an admitted “math-phobic,” I struggled through several calculations only to learn that “you don’t have to count every single calorie you eat on

an ongoing basis.”

Part four provides a “success journal” for the exerciser through the application of the Total Human principles to measure their progress. The book finishes with a series of appendices defining words, worksheets, caloric needs, various exercises and body measurements. More than thorough, this book will answer any fitness questions a reader may have. If the book does not cover your concerns, Total Human offers an exercise DVD, a virtual trainer and a workout journal at their website: www.totalhuman.com.