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Kaysville man lives, writes strength training

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KAYSVILLE — When he was a student at Davis High School, Craig Nybo considered himself a “band geek.”

Since that time, Nybo has diversified, a bit.

The Kaysville resident has co-authored a book with personal trainer/bodybuilder Shane Provstgaard called, “The Complete Strength Training System.”

From his offices in the old Barnes Bank building in downtown Kaysville, Nybo is also handling distribution of the book, which was published late last year.

“I love this stuff, completely believe in this product,” said Nybo, who has been using the training as described in the book for about 2 1/2 years.

“We decided we wanted to do something strength-related,” he said of his subsidiary, Total Human. “I was trying to find the best thing for me. They’re either one size fits all or so advanced.

“I interviewed personal trainers, and Shane was the most knowledgeable,” Nybo said. Provstgaard has been weight training for 17 years, is an advanced exercise scientist.

Under the “high intensity” training explained in the book, “it trains your body differently. It becomes personal training for every muscle, from there to your body. It’s filtered to where anyone can do it,” Nybo said.



CRAIG NYBO IS CO-AUTHOR with Shane Provstgaard of a new book on strength training.

“It’s not losing 25 lbs. in one week, but you tailor your diet so you can steadily lose fat, replace that with lean muscle.”

He noted that lean muscle is three times as dense as fat, how, even resting in a recliner, it loses 50 calories of fat.

“You can eat more, intensify your strength training. Every second counts. You can do less exercise, but gain lean muscle, all naturally,” Nybo said.

“I was 6 feet tall, weighed 133 lbs. I figured that didn’t work,” said Provstgaard, of his situation nearly 20 years ago.

Now he’s at 213 lbs., after following a weight training regimen for many years. “It has worked out well. The health benefits of strength training can’t be downplayed,” he said.

“In the past, fitness really pushed cardio-vascular, with-

‘High intensity’ training touted

- Book co-authored by Kaysville author preaches high intensity strength training
- Replacing fat with lean muscle creates a more efficient, calorie-burning body
- Strength training makes it possible for people to continue doing more as they age
- After time, strength training can be reduced to once a week

out musculature, bone, etc. We need to be strong, particularly as we age.

“Strength training not only adds strength to muscles, but tendons and bones. It’s still important as we age,

but functionally more important,” Provstgaard said.

“It has been shown that even older people, 60 and 70 years old, can still put on muscle, can still do things they used to like to do. They’re still strong enough to get through life,” he said.

“The stronger you are physically, the more you are apt to be able to hike, fish, etc.,” Provstgaard said.

“The thing about high intensity people, for busy people, we are all about a specific amount of exercise. It’s not like just go in for an hour, half hour, or do whatever.

“I can tell you from 17 years of doing this, and it’s almost the case in 100 percent of cases, as long as intensity is high enough, all you’re trying to do is get muscles to contract more intensely,” Provstgaard said.

“The stronger you get, the less strength training you need,” he said.

“Within a year, you can get 300 percent stronger. The body’s ability to recover is the only way to reduce volume and frequency (of training).

“It’s not unheard of to go into the gym once a week (with weights),” after reaching a desired level, Provstgaard said.

“Aerobic exercise is still very important. You should do cardio-vascular at least three times a week, for 30 minutes.”

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