

10 questions every personal trainer always gets asked



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What is the best exercise move ever? Answer: Push ups. They are complete exercises, simple and require no money.

Ask and ye shall seek the truth, says IMG model trainer [Ricardo Riskalla](#). Just don't be surprised if you don't like the answer!

I decided to create a compilation of the most [frequently asked questions](#) I get from clients. Most of them are very interesting and I'm sure we all can learn from them. Because above all, questioning is the best way to learn anything.

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What is best: a short fast run or a long slow run? Answer: Long and slow run. Bursts of exercise create muscle bulk.



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Weights or no weights during workouts? Answer: If my client is a woman the maximum weights I use are 2kg. Body weight exercises are the key for a harmonious figure.



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How do I fix tuckshop arms? Answer: Diet is number one here. Secondly, arm rotation exercises. Watch the arm exercises on my online video.

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What exercises are good for cellulite reduction? Answer: None. Diet and weight loss can improve cellulite condition but cellulite has no cure – yet.



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Do I need a personal trainer? Answer: Think like this: if your car breaks down you need a mechanic. Trainers possess the skills to help you to achieve your target. It's almost impossible to get a perfect figure without the help of an experienced PT.



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Is training for a model different from a non-model client? Answer: Yes and no. Models have very specific targets. In my business I aim to create long and toned bodies, whether you're a model or not.



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What are the best beauty foods? Answer: Spirulina, chlorella, noni juice, sweet potatoes, pumpkin, carrots.



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Can I look like Miranda Kerr? Answer: No. Miranda looks like Miranda and you will look like you. The key here is to be realistic and love your own body. You are unique.



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Is there a food that can make me lose weight? Answer: No. I would love to say yes but the science behind foods that make you lose weight is very grey.