

Ricardo Riskalla is one of Australia's leading Fitness and Health experts.

Contacting Ricardo is the first step to living a healthy lifestyle.

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CULTURE & LIFESTYLE / HEALTH AND FITNESS

10 questions every personal trainer always gets asked





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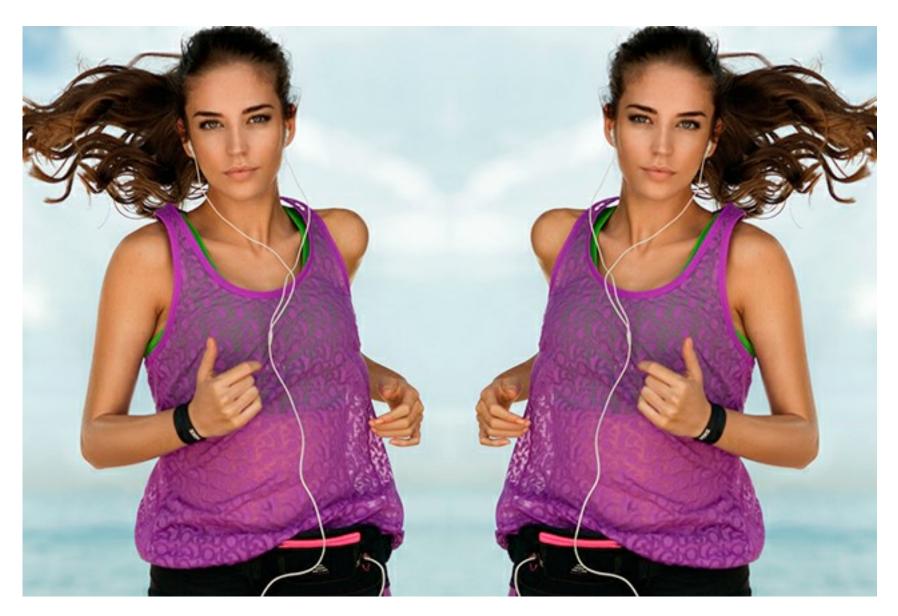
What is the best exercise move ever? Answer: Push ups. They are complete exercises, simple and require no money.

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.

Website: rawfit.com.au

Instagram: @rawfit_training



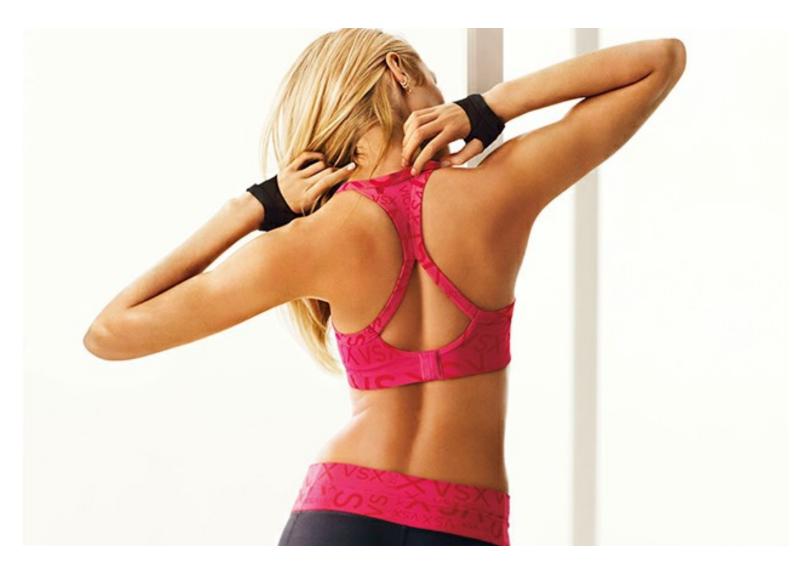
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What is best: a short fast run or a long slow run? Answer: Long and slow run. Bursts of exercise create muscle bulk.



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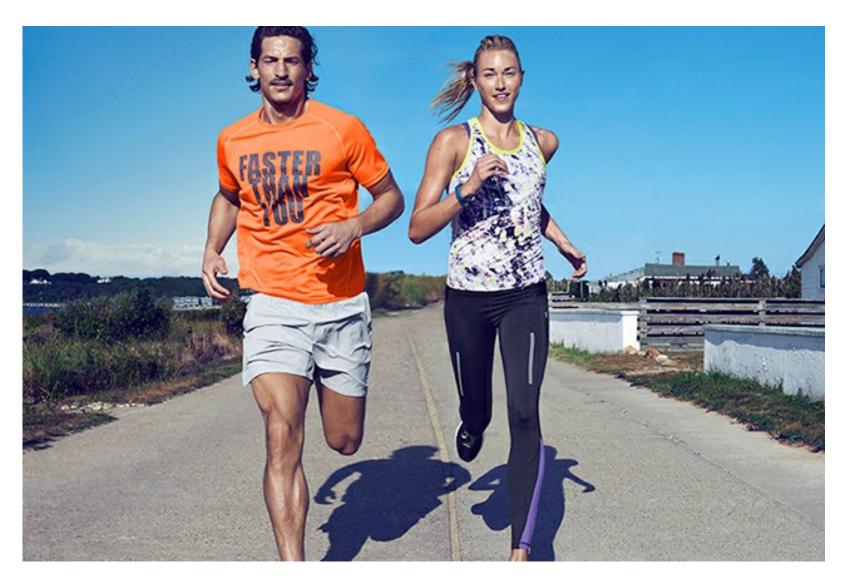
How do I fix tuckshop arms? Answer: Diet is number one here. Secondly, arm rotation exercises. Watch the arm exercises on my online video.

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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.