



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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The 7 most deadly fitness sins

Are you guilty?



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Click through to discover the 7 most deadly fitness sins

IMG personal trainer [Ricardo Riskalla](#) reveals seven sins that we're all a bit guilty of

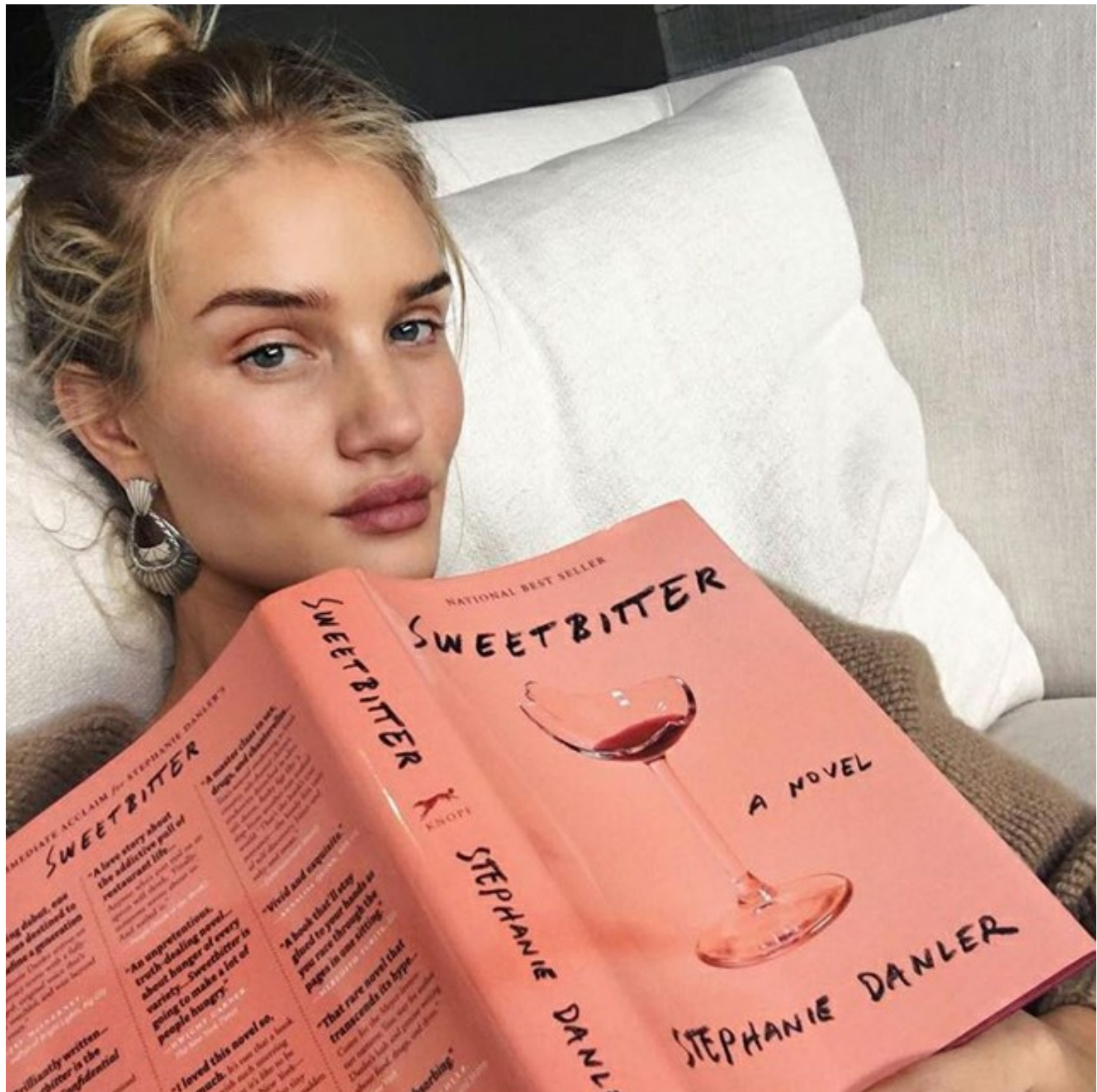
I know that fitness is like a religion for many, so like any religion there is a side to be avoided. So, let's talk about the biggest fitness sins that you should try to avoid.

Click through the gallery above to discover what they are.



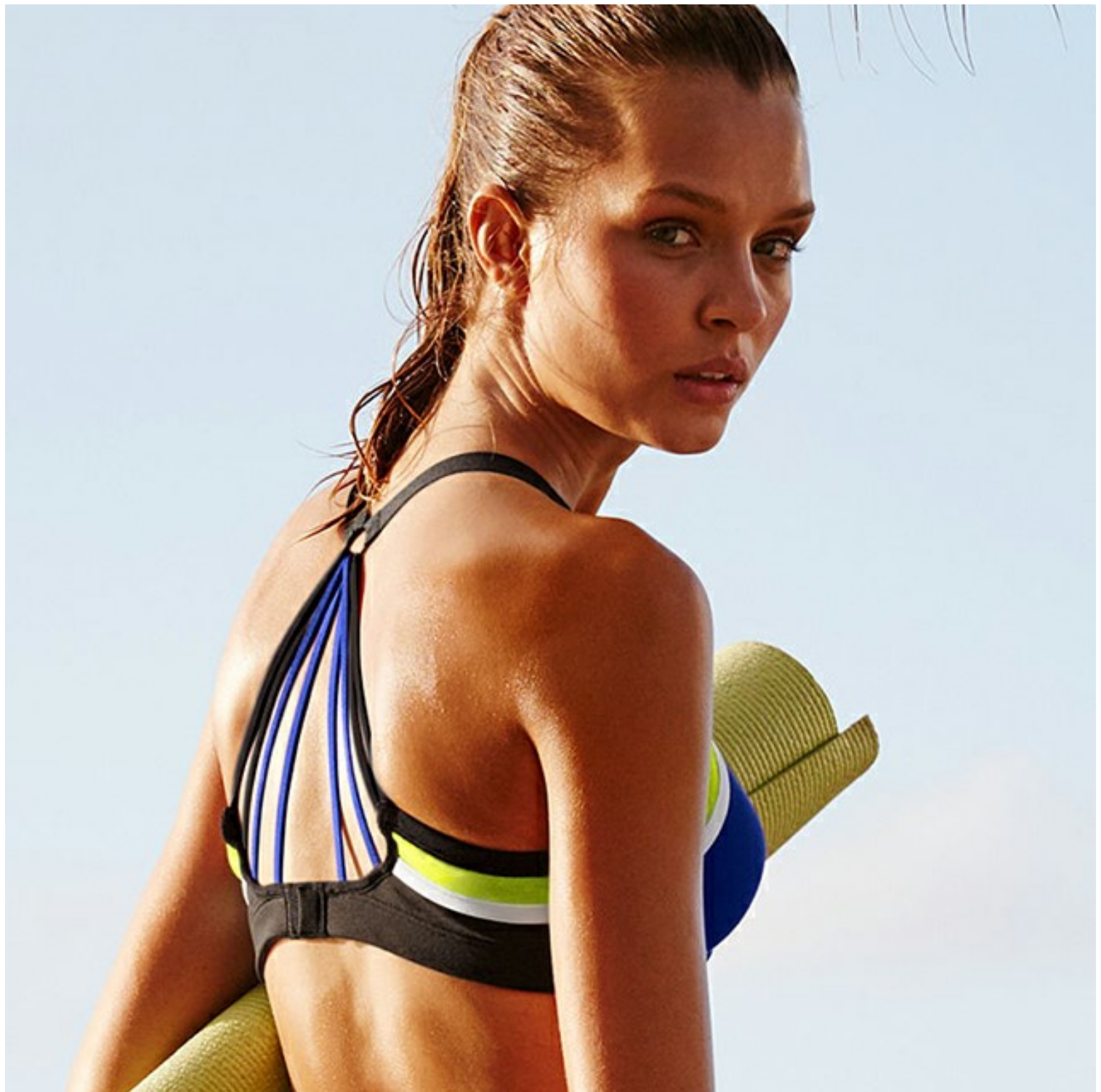
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1. More is better. This is the biggest sin of them all. You might think that the more exercise you do the better, but in reality moderation is key here.



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The resting periods are actually more important than an excess of exercise. Add at least two days off to your routine each week.



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2. "I like that one." Hey, who hasn't committed this sin? You go to a gym, look at a sophisticated machine and you think : "YES, I like this one". Then for a whole three months you devote yourself to it, spending hours and hours in that machine looking for the holy grail of the perfect body, but in the end nothing happens.



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The mistake here is that most of the time, simple exercises are better and they need to be prescribed by a highly qualified trainer.



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3. My friends can't go. I have to say that training is like brushing your teeth, it needs to be done alone.



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Friends are necessary but not for your workout, especially if they can't come and do the routine with you ALL the time.



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4. Too expensive, not for me. If you're thinking that to look good you need a \$300 pair of leggings or that special shoe, don't be fooled. You just need determination and any comfortable fitness clothes will do.



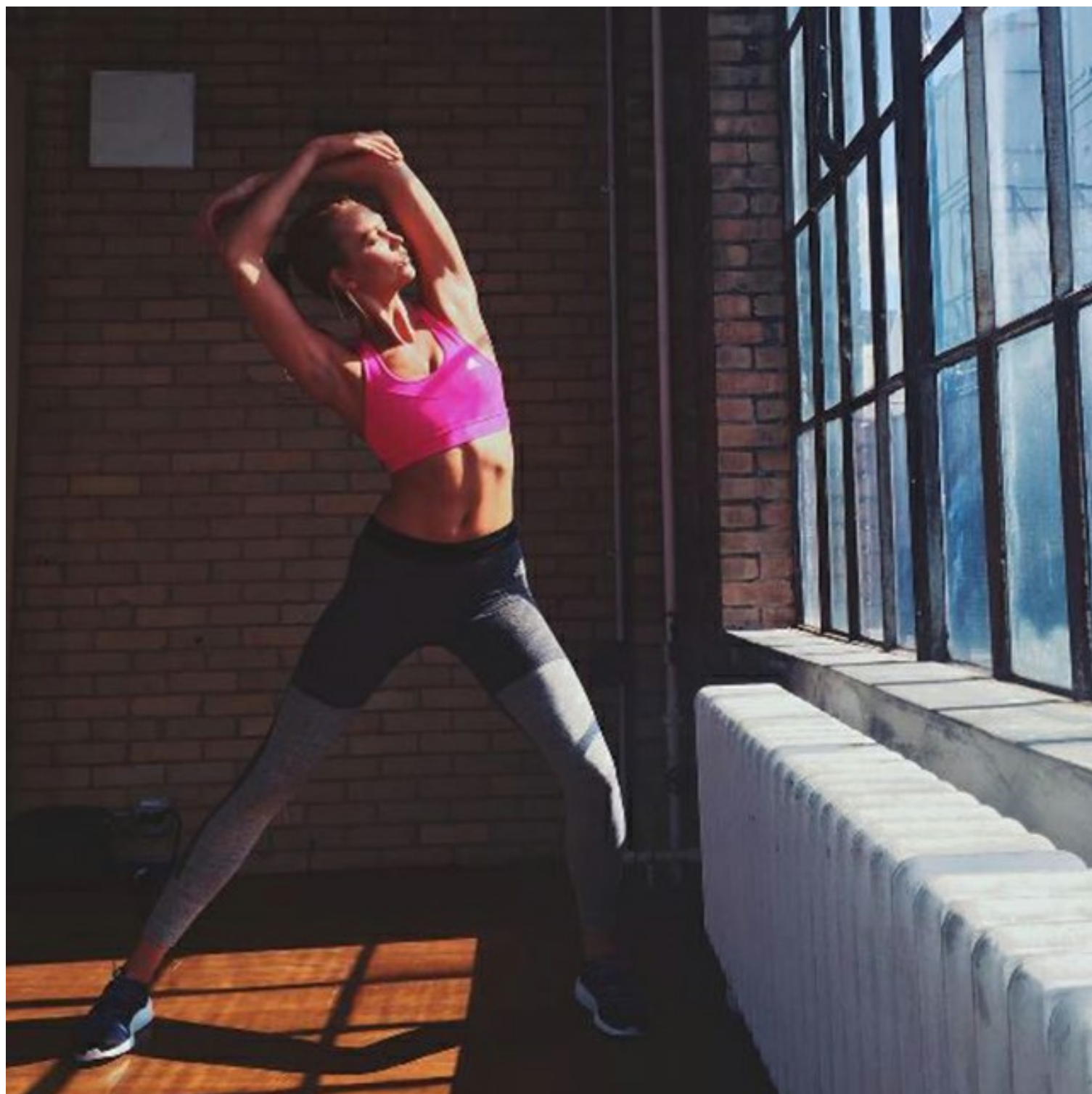
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I remember in the '80s I used to cut old jeans and make my own fitness shorts. This was way back before fitness labels existed.



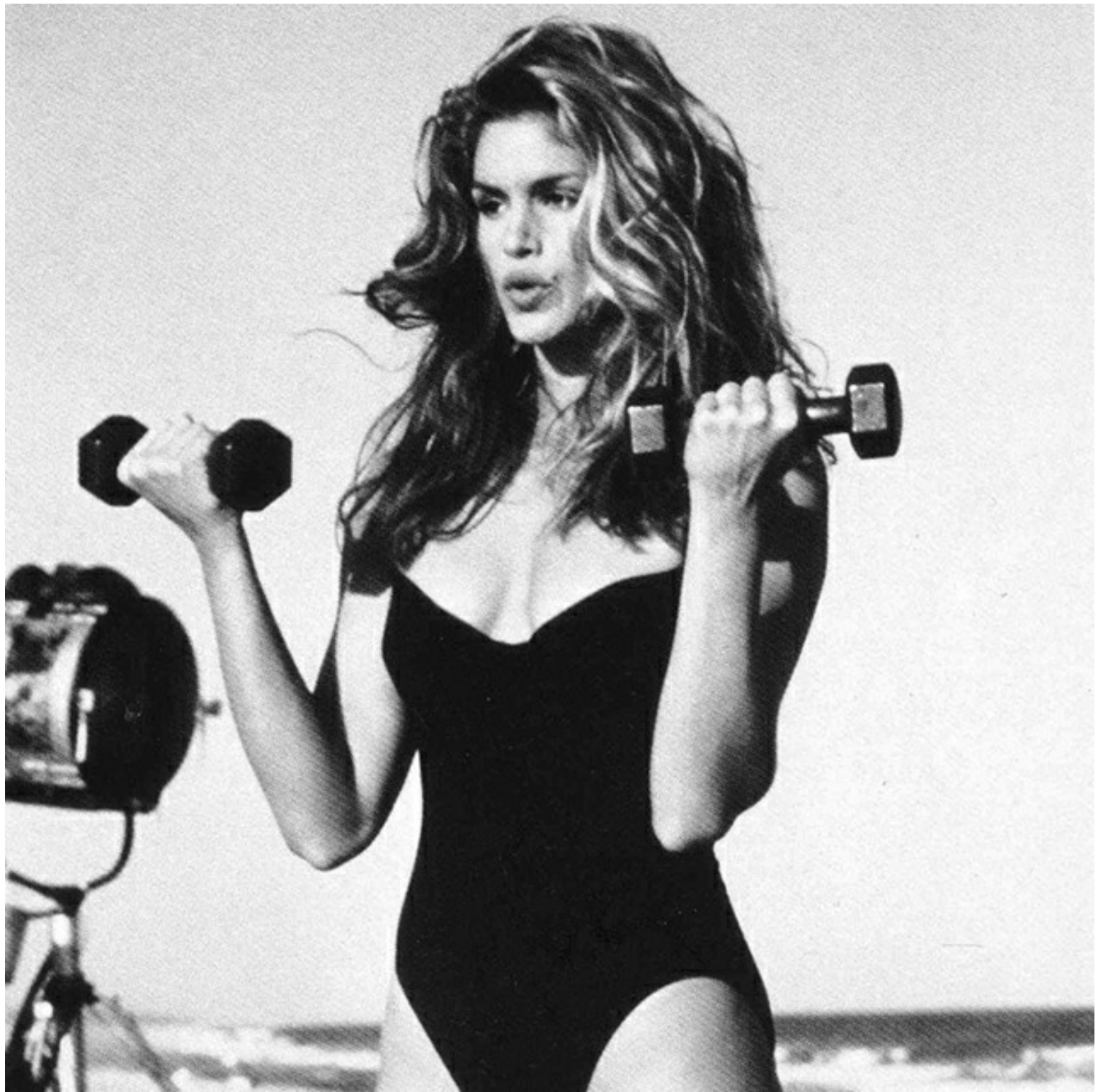
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5. Too hard. Yes most people go too hard in their workouts. In my experience I always look into the longevity of training. By that I mean how long can a person sustain that level of fitness in a workout?



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I believe that gentle and pleasant is always the way to go. You can go hard for a few weeks but after a while you will lose interest because no one likes to be tortured and exercise needs to be fun.



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6. Weights. Controversial one here. In my training I avoid weights for my female clients. But don't be fooled – I still train them using their own body weight.



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Weights create bulk and whatever people say about it, in my experience it distorts the female curves. I keep the weights for my male clients.

I'm not telling you
it's going to be easy,
I'm telling you
it's going to be **worth it**



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7. TV. Most people say I have no time to exercise, BUT they have time to watch TV.



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