




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 top fitness trends of 2017: experts' predictions

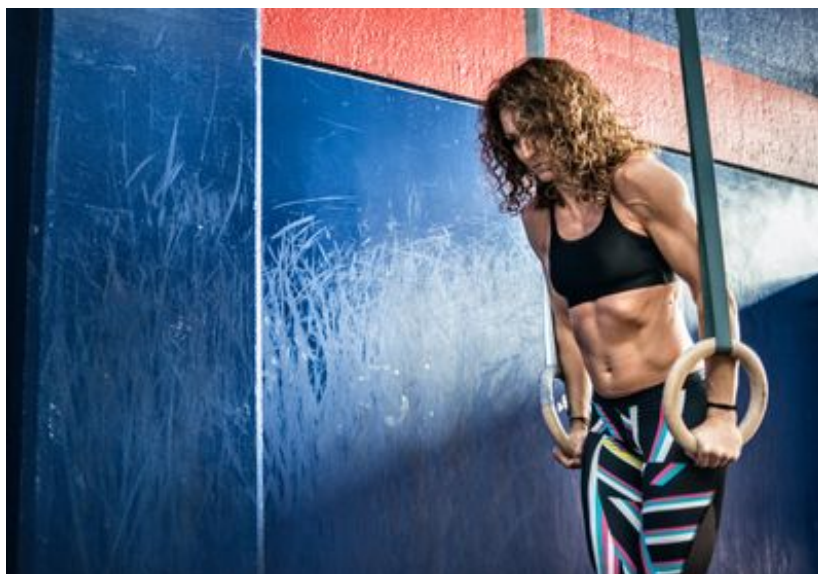
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We look into the crystal ball for next year.

By Stuart Marsh | 10:00pm Dec 29, 2016

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Gymnastics

"I believe will be a mix of trends in 2017! There are so many options out there at the moment, calisthenics (gymnastics), powerlifting and even marathon running could be a trend," strength and conditioning coach [Jason Simoes](#) tells Coach.

"It's not like how it used to be, with one trend owning the stage. We all knew in the 80s was bodybuilding and in the late 2000s was CrossFit."



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Ketone supplements

"The biggest trend I'm seeing right now is in the nutrition world with trainers encouraging their athletes and clients to embrace supplemental Ketones as a way to put the body into ketosis (where the body burns fat for fuel) outside of nutrition," personal trainer [Alexa Towersey](#) tells Coach.

"Ketones were first mentioned by Tim Ferriss and the particular brand he recommended sold out in record time - everything that guy touches turns to gold."



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Ninja training

"There will be a big trend in 'fusion fitness'; we'll see training programs combine key elements of high-intensity workouts, yoga, Pilates, Cross-fit and Ninja training!" calisthenics king [Marucs Bondi](#) tells Coach.

Keep an eye on this space - when [Australian Ninja Warrior](#) hits the airwaves in 2017 Coach will be your number one training and news destination.



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Ballet-based gym classes

"In 2017 I predict that fitness trends like HIIT and CrossFit will fully decline," founder of [RawFit](#) and personal trainer Ricardo Riskalla tells Coach.

"In turn we will see exercises like yoga, ballet-inspired classes and running will continue to grow even more."



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Flexitarianism

"I think the plant based, 'flexitarian' eating style will take off in 2017. It is based on eating mainly vegetables, whole grains, fruit and beans then using the remaining say 20 percent on animal based proteins, like meat, seafood and dairy," dietitian [Katrina Mills](#) tells

Coach.

"Chefs have come on board too, there are vegan pubs, fancy vegetarian restaurants popping up and I've seen quite a few restaurants change their menus to include vegetable based meals that taste and look incredible!"



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Calisthenics

"In 2017 I predict we'll see the rise of bodyweight training!" founder of Lazy Girl Fitness Jess Robinson tells Coach.

"Forget bulky exercise equipment and gym memberships; next year it's all about using your own bodyweight to get fitter and leaner than ever."



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Strongman/woman training

"I predict that the biggest fitness trend will be a move towards more strong man/woman lifting and a preference for more movement outdoors" exercise physiologist [Laura Majewski](#) tells Coach.

"I also believe there'll be a huge emphasis on more gymnastics based movements, even in major commercial gyms."



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Fitness wearables

"The way things are going is have to say wearable technology will still be right up there at the forefront," personal trainer [Dylan Rivier](#) tells Coach.

"There seems to be no signs of slowing from the big names and in fact there's more options/accessories/apps than ever before. They're trying to put us out of business!"



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Gut health

"In 2017 I predict there'll be a greater focus on gut health with more products containing pre and probiotics known to benefit gut health," accredited practising dietitian [Susie Burrell](#) tells Coach.

"It's a rapidly growing area of nutrition interest, particularly within the research community."



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Girlpower in the weightroom

"In 2017 I predict that females will take over males in the weights room," founder of [Everyday athlete training](#) Cameron Lau tells Coach.

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