



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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What Australia's best trainers wish they knew 10 years ago



Ricardo Riskalla, founder of RowFit

"I wish I knew that the best results were achieved with less intensive training, higher repetition and a total attention to the diet," Riskalla tells Coach.

(Image: Instagram)

Training

Experts

8/13

