

## Amandabisk

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amandabisk.Amanda Bisk (@amandabisk) • Instagram photos and videos

### Bing: Amandabisk

Amanda Bisk is an Australian former pole vaulter who currently serves as a fitness expert and yoga teacher. She is best recognized for representing her nation at the 2009 World University Games as well as in the 2010 Commonwealth Games. She also has several career awards under her belt.

### Amanda Bisk - Home | Facebook

Image uploaded by Adrianna . Find images and videos about perfect, body and fit on We Heart It - the app to get lost in what you love.

### **My Story— amandabisk.**

Amandabisk AMANDA BISK Former Australian Pole Vaulter. amandabisk. 713.6k Followers, 505 Following, 3,097 Posts - See Instagram photos and videos from Amanda Bisk (@amandabisk) Amanda Bisk (@amandabisk) • Instagram photos and videos Amanda Bisk is a qualified Exercise Physiologist, elite athletics coach and yoga instructor. Find her

### **Amandabisk**

Our final day! I can't believe how quickly this has gone! Thank you so much for joining me for the past 2 weeks, its been an absolute pleasure to train with

### **3 Stretches to Relieve Shoulder Pain by Trainer Amanda**

Amanda Bisk is a qualified Exercise Physiologist, elite athletics coach and yoga instructor. Find her latest FREE workouts + yoga classes, training tips, injury prevention, and tutorials here on

## **Amanda Bisk - Bio, Facts, Family Life of Australian Pole**

703.8k Followers, 546 Following, 3,172 Posts - See Instagram photos and videos from Amanda Bisk (@amandabisk)

## **Amanda Bisk (amanda\_bisk) on Pinterest**

A post shared by Amanda Bisk (@amandabisk) Since I started working from home, I have struggled with regular shoulder pain for the first time in my life. Hunching over my laptop is likely to blame.

## **10 of Amanda Bisk's Most Sensational Photos | Muscle & Fitness**

Amanda Bisk | The official Pinterest of Amanda Bisk

## **Day 14/14 Fitness Lockdown Challenge (16min TABATA) - YouTube**

Discover Amanda Bisk's beautiful style of teaching with full-length, follow along yoga classes and workouts. Do every class in real time and enjoy step-by-step

guidance from Amanda as she helps you

### **Home - Fresh Body Fit Mind**

Username or E-mail Password Remember Me Forgot Password

### **Login - Fresh Body Fit Mind**

Yogis love the beach. Something about the soothing sound of waves coupled with a beautiful blue backdrop perfectly sets the scene for a yoga practice (and an accompanying Instagram photo).

### **Amanda Bisk - YouTube**

Online Guided Video Training Specialist. Freshbody Fitmind. Join 1,000's all over the world revolutionising their training results from home.

### **Amandabisk - [old.dawnclinic.org](http://old.dawnclinic.org)**

Fitness star Amanda Bisk had been an athlete her entire life. Throughout her youth, her one goal was to become an Olympic pole vaulter. She was on track to

capture her goal, but it all came to a halt when she was diagnosed with chronic fatigue syndrome.

### **FRESH BODY FIT MIND - Apps on Google Play**

A post shared by Amanda Bisk (@amandabisk) on Nov 24, 2018 at 2:48am PST . View this post on Instagram . A post shared by Amanda Bisk (@amandabisk) on Nov 8, 2018 at 5:30am PST . View this post on Instagram . A post shared by Amanda Bisk (@amandabisk) on Oct 5, 2018 at 10:56am PDT .

### **49 Incredible Photos of Yoga on the Beach | The Weather**

Amanda Bisk In 2011 my life was flipped upside down. It had been six months since I had competed for Australia in the womens pole vault at the 2010 Commonwealth Games in New Delhi, India. I came home with the London Olympics set in my sights and had started the first block of training towards my dream.

### **Online Training Centre: - amandabisk.**

Amanda Bisk, Perth, Western Australia. 42,053 likes · 21 talking about this. Former Australian pole vaulter sharing daily yoga, fitness inspo routines, workouts and

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