

## Amandabisk

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**Amandabisk**  
AMANDA BISK Former Australian Pole Vaulter.

**amandabisk**.  
713.2k Followers, 505 Following, 3,096 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 latest FREE workouts + yoga classes, training tips, inj...

**Amanda Bisk - YouTube**  
Amanda Bisk, Perth, Western Australia. 42K likes. Former Australian pole vaulter sharing daily yoga, fitness inspo routines, workouts and more! Discover my secrets & get flexy with my new stretch guide!

**Amanda Bisk - Home | Facebook**  
Amanda Bisk is an Australian Fitness Expert, Yoga Teacher, and former Pole Vault competitor. She has numerous career awards under her belt and countless followers on social media.

**Amanda Bisk Biography, Age, Wiki, Parents, Boyfriend ...**  
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.

**My Story— amandabisk.**  
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.

**10 of Amanda Bisk's Most Sensational Photos | Muscle & Fitness**  
AMANDA BISK Creator of the Fresh Body Fit Mind movement. Former Australian pole vaulter, qualified exercise physiologist, personal trainer, elite athletics coach, gymnastics coach, cross fit coach, and qualified yoga teacher.

**Join the movement - Fresh Body Fit Mind**  
6,064 Likes, 159 Comments - Amanda Bisk (@amandabisk) on Instagram: "Haven't done one of these in a lonnnngggg time! 🙄 Hope you enjoy this WHOLE BODY workout to one of..."

**Amanda Bisk on Instagram: "Haven't done one of these in a ...**  
Username or E-mail. Password. Remember Me

**Member Access - Fresh Body Fit Mind**  
amandabisk - SUNSET YOGA FLOW (INTERMEDIATE) - Duration: 4:53. Amanda Bisk 16,952 views. 4:53. What stretching actually does to your body ft. Sofie Dossi - Duration: 8:15.

**YogaSculpt - The Perfect Yoga Inspired Workout**  
Amanda Bisk | The official Pinterest of Amanda Bisk

**Amanda Bisk (amanda\_bisk) on Pinterest**  
Online Guided Video Training Specialist. Freshbody Fitmind. Join 1,000's all over the world revolutionising their training results from home.

**Online Training Centre: - amandabisk.**  
Dehydration in hot weather is a serious summer concern — particularly for athletes, the elderly or anyone with an already compromised immune system.

**12 Unusual Signs You're Not Drinking Enough Water | The ...**  
The best fitness accounts to follow on Instagram. Best for stretching and flexing: @amandabisk Who wouldn't want to be able to do a one-legged crab on a pole overlooking to ocean?

**@amandabisk | The best fitness accounts to follow on ...**  
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).

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