

Maroondah Leader



The F45 Training team includes Jessica Marie, Laura Harris, Steve Tragardh, Charmaine Dunstan, Hollie Mason, and Jack Lambert.

Picture: STEVE TANNER

Cooler way to work out

IT'S been dubbed the "coolest, fitness kid on the block" after Hugh Jackman used it to train for Wolverine – and now it's coming to Maroondah.

F45 Training is an Australian-based franchise that involves 45-minute group classes focusing on positions, strength and cardio.

Celebs and athletes are getting on board, including Jimmy Bartell, Dyson Heppell, Brendon Goddard, Ricky Martin, Joel Madden,

Rob Mills and Emelia Rusciano.

Ex-cop turned personal trainer Steve Tragardh first tried F45 last year, became hooked and decided to bring it to Ringwood.

He said gyms could be soulless, but F45 was different.

"There are plenty of people with gym memberships who never go to the gym and when they do, they walk in with headphones and don't talk to anyone," he said.

"This is completely different.

"It's become known as the coolest kid on the block by celebrities who use it and everyone wants to be part of it."

Mr Tragardh said two personal trainers guided a maximum of 27 people through three stations, with workouts changing every day.

Go to f45training.com.au/ringwood to sign up for a 14-day free trial.