

Rosa Maria Romero

IFBB Figure Pro



Full Name: Rosa-Maria Romero

Eyes: Blue

Height: 5 ft, 6 in

Weight: contest - 53 kg

Off season: 55 kg

Measurements: 36 , 26 , 35

Rosa-Maria Romero was born in Sydney and raised by Spanish parents. To summarise her career she began her first dance lesson at the age of three and enjoyed Jazz, Ballet, Tap Character and Flamenco. This led her to establish her own Flamenco Dance School at the age of 16. She also started teaching Aerobics at various Health Clubs and schools as she had become a certified Fitness Trainer and Aerobics Instructor. Shortly after, she was introduced to competitive aerobics and competed at State and National level. She won the NSW state title and was runner up in the Nationals.

In 1995 she was a member of the Aerobics Ozstyle Team and worked as a Fitness Presenter for Channel 10 Australia.

It was in 1999 when she joined the airlines as a Flight Attendant, that she stopped teaching and began jet setting around the world.

I had always gone to the gym and been fit and healthy, however it wasn't until April 2003 after the birth of my two boys, that I began training seriously with weights. I was so impressed with the changes weight training had made to my physique and in October 2003 I competed for the first time. I won the WNSO-ANB Australian Figure Title. I couldn't believe it. My first competition - A National Title! All the hard work and training had paid off and I was now hooked.

Contest History

IFBB Pro Figure 2007

Sacramento Pro- 11th

Jan Tana Classic- 16th

Colorado Pro- 16th

California Pro -15th

Pittsburgh Pro -19th

Amateur Figure 2006

IFBB Australian Titles - 1st & Overall Champion (Pro Card accepted)

IFBB Mixed Pairs Australian Titles - 1st

IFBB World Championships - 4th (Pro Card awarded) Highest ever placed Australian female in the sports history.

2005

IFBB Australian Titles - 1st & Overall Champion

IFBB NSW Titles - 1st



My next competition was the NPFC/IFBB NSW Championships followed by the Nationals. I won the NSW Championships and was runner up at the Australian Championships by only two points. In 2004 I competed in the Australasian Championships and placed 2nd. Finally in 2005 I won the NSW & Australian Body Shape titles which qualified me for the World Championships. In September 2006 I flew to Barcelona SPAIN for the World Championships where I placed 4th, making me the highest ever placed Australian female in the sports history. I was thrilled with my result and returned to Sydney to battle it out once more for the Australian Figure Title. You guessed it, I won! I defended my title becoming a 3 x Australian National Figure Champion as well as Mixed Pairs Champion with Sam Iliopoulos. It was in November of 2006 that Paul Graham (president IFBB Australia) and wife Carol Graham, awarded me with the IFBB Pro Card. **P**

