

ROSA- MARIA ROMERO

PHOTO: CHAZ PHOTOGRAPHICS

OLYMPIA BOUND

SEVEN YEARS AGO I STEPPED ON STAGE FOR THE FIRST TIME. I REMEMBER MEETING ROBERT POWELL AT THE ANB NATIONAL CHAMPIONSHIPS IN SYDNEY. HE IS SUCH A WARM AND GENEROUS PERSON AND FANTASTIC WITH THE COMPETITORS. HE MADE US ALL FEEL AT EASE AND I HAD AN ABSOLUTE BLAST AT MY FIRST SHOW EVER, THE 2003 WNSO/ ANB AUSTRALIAN CHAMPIONSHIPS.

By Rosa-Maria Romero

I never expected to win but I did hope to walk away with a trophy. When I was crowned winner of the Short Class Figure, it honestly did not sink in until much later. It was all a blur at the time. What I do remember clearly was driving to McDonald's on the way home. I'm sure I ate three burgers at least!

Competing has changed my life and entering the world of Figure was probably one of the best decisions I have ever made, apart from having children. Not only have I reached amazing heights with my physique, travelled the world and become an inspiration for many, I have met some amazing people along the way; and have developed long lasting friendships with people who share the same passion about fitness and life in general.

My dream was to make it to the Olympia and in February 2010. That dream became a reality when I placed

COMPETITION HISTORY

IFBB PRO FIGURE 2010

Phoenix Pro – 3rd place (qualified 2010 Ms Figure Olympia, Las Vegas).
Arnold Classic Ms Figure International - 10th in the world professional Figure.
New Zealand Pro - 2nd place.
California Pro - 8th place.

2009

Kentucky Pro - 8th place.
Ft Lauderdale Pro - 7th place.
Houston Pro - 8th place.
California Pro - 5th place.

2008

Sacramento Pro - 9th place.
Tournament of Champions - 6th place.
Atlantic City Pro - 16th place.
Europa Pro - 18th place.
Pittsburgh Pro - 14th place.

2007

Sacramento Pro - 11th place.
Jan Tana Pro - 16th place.
California Pro - 15th place.
Colorado Pro - 16th place.
Pittsburgh Pro - 19th place.

AMATEUR FIGURE 2006

IFBB Australian Titles
- 1st place and Overall Champion.
IFBB Mixed Pairs Australian Titles - 1st place.
IFBB World Championships - 4th place.

2005

IFBB Australian Titles
- 1st place and Overall Champion.
IFBB NSW Titles - 1st place.

2004

IFBB Australasian Titles - 2nd place.

2003

IFBB Australian Titles - 2nd place.
IFBB NSW Titles - 1st place.
WNSO/ANB Australian Titles - 1st place.



“I BELIEVE THAT WE ALL HAVE THE ABILITY TO ACHIEVE GREAT THINGS BUT IT’S THOSE WHO BELIEVE IN THEMSELVES AND FOLLOW THEIR HEARTS THAT WILL ULTIMATELY SUCCEED.”

third at the Phoenix Pro. All of the hard work, persistence and determination had finally paid off. I was also invited to compete at the Arnold Classic Ms Figure International and placed 10th amongst 20 of the worlds Top IFBB Figure athletes.

I believe that we all have the ability to achieve great things but it's those who believe in themselves and follow their hearts that will ultimately succeed.

I'm a girl who had a dream and went for it.....you can too!

2010 has been the pinnacle of my career and I thank my family because without them (especially my mother) I would not be where I am today. People will often say that competitive body shaping is a selfish sport but I have to disagree. It is a team

OLYMPIA WORKOUT

FIVE DAYS ON/ONE DAY OFF

Weights: Three sets per exercise (except for quads where I do four).

Cardio: 40 minutes, six days per week.

DAY 1

CHEST: 12 reps

- Incline Barbell Press
- Push Ups off a Stability Ball
- Cable Cross Overs

TRICEPS: 12 reps

- French Press
- Tricep Push Ups

ABS: 20 reps (*giant set together*)

- Floor Crunches (*slow and controlled*)
- Hip Tuck on Stability Ball (*in a push up position with your shins on the ball, roll your knees into your chest while tucking your hips up into the air, extend back out to your push up position*)
- Leg Raises

DAY 2

QUADS/CALVES: 20 reps, 4 sets each

- Single Leg Press (*foot low on the platform*)
- Leg Extensions
- Leg Press (*feet wide and down low on the platform*)
- Step Downs (*start on top of a bench, with one leg behind you, slowly lower yourself down, barely touch the floor and drive back up to your starting position*)
- Single Leg Calf Raises on Leg Press
- Seated Calf Raises

DAY 3

BACK: 10-12 reps

- Wide Grip Pull Ups
- Single Arm Dumbbell Rows
- Close Grip Cable Rows
- Reverse Grip Bent Over Rows

- T Bar Row
 - Low Back Extensions
- BICEPS:** 12 reps
- Straight Bar Curls
 - Concentration Curls

DAY 4

SHOULDERS: 10 reps

- Hammer Strength Shoulder Press
- Cable Side Lateral Raise
- Single Arm Dumbbell Lateral Raise
- Wide Grip Upright Rows
- Rear Delt Exercise on Chest Fly Machine

ABS: 20 reps (*giant set together*)

- Crunch (*with a 4.5kg plate behind your head*)
- Reverse Crunches
- Crunches with Rope on Cable Machine

DAY 5

GLUTES/HAMSTRINGS/CALVES:

20 reps

- Olympic Bar Stationary Lunges
- Step Ups (*with 13.5kg on your shoulders*)
- Single Leg Press (*with your foot high on the platform*)
- Seated Hamstring Curl
- Hack Squat
- Seated Calf Raises
- Calf Raises on Leg Press Machine

ABS: 20 reps (*giant set together*)

- Crunches with Rope on Cable Machine
- Reverse Crunches
- Hip Tucks on the Stability Ball

DAY 6:

Off/rest

DAY 7:

Repeat cycle

OLYMPIA NUTRITION

MEAL 1:

- 8 egg whites, 10 almonds dry/unblanched, 1/2 cup porridge measured dry, handful of Goji berries.

MEAL 2:

- 1 tablespoon Flaxseeds, 1.5 scoops low carb protein.

MEAL 3:

- 1 cup veggies, 150g chicken breast/white meat, 1/2cup sweet potato baked with no skin.

MEAL 4:

- Twice per week: 1 cup cooked green beans, 120g lean steak.
- Every other day: 1 tablespoon flaxseeds, 1.5 scoops whey low carb protein.

MEAL 5:

- 2 tablespoons balsamic vinegar, 1 medium garden salad with tomato and onion, 1 tortilla, 150g turkey breast/white meat, 1 cup cooked zucchini.

MEAL 6:

- Three times per week: 6 egg whites scrambled, 1/3 cup porridge measured dry.
- Every other day: 170g salmon, mixed salad, 1/3 cup basmati rice.

MEAL 7:

- 95g tuna in spring water with a mixed green salad and 1/3 cup sweet potato.

MEAL 8:

- 100g of chicken breast with mixed green vegetables.

effort and we need to remind ourselves of that when we embark on this journey. Never forget those who inspire you or help you along the way.

Training for the Olympia has been exciting to say the least! I am not at all concerned about my placing but rather about achieving a personal best. My training consists of a five day split with one day off at the end. Along with my weights training I am doing about 40 minutes of cardio a day. My cardio will increase to about an hour as we get closer to the show. In order to make sure I am on track to looking great come Olympia, I take weekly pictures and compare them. To be honest, I don't use scales because they annoy me! I am eating four carbohydrate meals per day and a total of eight meals, including two shakes. I believe that in order to train effectively one must feed the body the right nutrients. If necessary I will increase my cardio to speed up the results.

It's been an amazing road to the Olympia and the best part of all is that I have been able to inspire other ladies to pursue their dreams and aspirations. Anything is possible if you put your heart and mind to it. 🍀

Rosa x

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SUPPLEMENTS

- Whey Protein
- Glutamine
- Carnitine
- Antioxidant
- Multi Vitamin
- Fish Oil
- ZMA
- HMB

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