



DEAR ROSA

HOW TO STAY MOTIVATED?

Dear Rosa,

It's great to see you working with Muscle & Fitness! You've a fantastic physique. After a couple of kids and letting a stressful business and personal life get the better of me, I'm finally taking back control of my body. While I don't have the structure to ever compete, I do build muscle well and would like to reduce my bodyfat. Although I have a good knowledge of nutrition, cardio and resistance/weight training, my question to you is, how do you keep your motivation high? How do you stay focused and directed on achieving your goals? Although it's relatively easy to stay motivated to train (my husband also loves hitting the weights) I do struggle with clean eating. How do you stay motivated to eat healthy during the holidays? You look great all year round. How do you do it? Any advice is much appreciated!

Tracy,
New Zealand

Dear Tracy,
Being Australasia's number one IFBB Pro Figure competitor as well as one of Australia's top Fitness models, I like to stay in shape all year round. My diet stays fairly consistent throughout the year but I do allow the odd cheat meal here and there from time to time. This helps me stay focused throughout the week and makes it easier to stick with the diet. When I am getting ready

for a show I will generally cut out all cheat meals, however, if the weight is coming off nicely and I'm ready way before show time, I won't hesitate to indulge in the odd burger or two, a couple of weeks prior to the show.

The holidays can be very hard, especially during contest preparation. I've also got two little boys so that doesn't make it any easier. If I am getting ready for a show I will constantly remind myself why it is I am dieting and the look I want to achieve. Basically, if I break the diet then I am only letting myself down, no one else. I am a huge fan of condition and I strive to come in 'tight' every show, as this is how I look best.

If I am not dieting for a show things are a lot easier and I can allow myself to have that banana bread or muffin I so very much love! I like to eat a variety of foods day to day, so I try to keep my diet as balanced as possible. There is no reason why you can't enjoy the foods you love as long as it is all in moderation. Learn to balance things in life and you will be a lot happier. Design a routine and diet that works for you and don't be too hard on yourself for enjoying the foods you love. It will make the entire process a lot more enjoyable.

Love,

Rosa

FIRST COMPETITION

Dear Rosa,

I am thinking of entering my first Figure competition in 2009. I was hoping you might be able to share with me some of your posing

techniques. After doing some research I have noticed the varying styles of different federations.

Layla,
Victoria

Hi Layla,

You must be excited about the idea of competing this year. I know you will love it and like most of us, don't be surprised if you become hooked! I recommend attending a few shows prior to stepping out on stage so that you can get a feel for it.

It's a lot of hard work and requires much attention to detail so it's very important you gain as much knowledge as you can prior to your show, as you will benefit from this in the long run. You will be required to perform five mandatory poses so that the judges can assess your physique in detail. These poses include front double biceps, back double biceps, side chest, side triceps, abdominals and thighs. All poses should be executed with grace and poise making transitions from pose to pose as smooth and elegant as possible.

In IFBB Pro Figure, mandatory poses are not performed. Our judging is based upon 4-times quarter turns and 4-times model turns. The quarter turns are mandatory turns where the judges will assess you and compare you to the other girls. IFBB Figure is very different to any other federation. You are assessed from top to bottom including hair, make up and suit. The IFBB look for ladies who present the complete package from head to toe. The best physique doesn't always win! If you cannot present yourself properly on stage, the judges may very well overlook you, so it is important you're polished from





the moment you step out on stage. Poise, polish and presentation – something to think about.

Most importantly, make sure you are familiar with the rules and regulations for each federation as what is required for one, may not be for the other. Know that some federations require all competitors to perform a routine and this routine makes up at least 30% of your total score.

Now with regards to your suit, it is vital you choose a suit that flows with your body. A well-fitted suit will bring out the best in you and compliment your physique. Stick to dark primary colours, as pastels tend to wash out on stage under the bright lights. Best of luck Layla and be sure to send through some pictures after your big day.

Love,

Rosa

FINDING TIME TO TRAIN

Hi Rosa,

I've just checked out your website – it's awesome! I have two boys like yourself aged 5 and 7 years old. How do you find the time to do your workout? How long have you been training to get to the shape you are in?

Best regards,

Thanujah

Dear Thanujah,

Thank you for your email. Well then, you must be as busy as I am! Looking after two young children is a workout on its own. I totally understand what you are experiencing day in, day out. The best way to tackle your day is to have it structured otherwise you will struggle to get everything done. I am at the

gym religiously every day at around 9.00 am, just after I drop the boys off at school. I find this works perfectly for me. My workouts will never go over an hour so I am free by about 10.15 am with plenty of time to tackle the day. I will train my clients throughout the day then from about 3.00 pm onwards, I am at home with the kids and husband.

Honestly, it is not hard as long as you have a plan of attack and you stick with it. I have been training with weights now for about five years. I picked up my first set of weights in April 2003, inspired to compete after viewing the 2003 IFBB Australasian Championships at Revesby. I was hooked from the word go and I will never forget the first time I tasted oats with Hydrolyzed Protein Powder!

Thanujah, if you want something then go out and get it. How about planning your week ahead and I promise you will feel revitalised.

Stay in touch,

Rosa

HARD AND LEAN LEGS

Dear Rosa,

I'm a figure competitor with NZFBB in New Zealand and I've done very well; my question for you is how to get my legs hard and lean? In previous years I've done drop sets, lunges and more lunges. My diet is spot on; I had some advice from Donna Jones last year and came in the best I have in my four years of competing. Yet I was so tired from about six weeks out from my National competition, which I placed 3rd in Open Figure Short.

I know you are going to tell me to train hard and eat clean and I do that but my legs always carry too much fluid. First thing in the mornings they look fantastic, but as the day goes by they smooth out. I rested last year but I'm getting ready to compete this year and, hopefully, looking at doing a show in Australia maybe Melbourne or Sydney. Any advice would be grateful. I would love to look like you one day, you have the total package from head to toe.

Kind Regards,

Paula Signal

Hi Paula,

Boy, do I feel the frustration yet the determination coming from within you. I've a funny feeling you've trained your butt off so to speak, but the results are not what you had expected. It sounds to me as though your body has become accustomed to the same old thing and is screaming out for change.

With me, for example, no competition preparation is ever the same. I am always changing things from the food I eat, to the cardio I perform first thing in the morning. I'm always willing to try new things and I find that I get the best results because of it.

Have you tried sprinting and plyometric squat jumps? I strongly recommend that you give that a go in order to bring those legs down. Sprinting and track workouts will help you keep slender and sculpt your body to look more like a Figure competitor. I would also be inclined to have you sit on a bike for at least 45 minutes a day. That will bring them down as well.

My legs used to be quite over powering when I competed as an amateur. They were actually my strongest bodypart along with my midsection. But over the past couple of years I've changed the way I train to include a lot of circuit training and I'm now looking a lot more balanced and streamlined. It's time for change, out with the old and in with the new.

I often travel to New Zealand. The next time I'm there I will shoot you an email and perhaps I could take you through one of my workouts at Les Mills in Auckland!

Love,

Rosa

