



# DEAR ROSA

## WHAT CARDIO?

Hi Rosa,

When I do Cardio training I mostly run on a treadmill and I have to run for a lot longer in order to build up a sweat. Recently my body has started to get used to running on the treadmill and think I need a change of exercise. Due to work and other commitments I have to do my training at night and at home. Are there any other cardio workouts I can do from home that will give me a good workout?

Ella,  
Perth

Dear Ella,  
*Absolutely! Change is always good and your body will love you for it. I am constantly*

*changing the way I train in order to achieve maximum results. Since 2007 I have competed in nine pro figure shows, so it is vital I introduce new exercises and routines in order for me to be in condition for most of the year. It's quite easy for your body to become used to the same routine and this may result in a total body shutdown, slowing down any possible gains you are working towards achieving.*

*Personally, I'm not a huge fan of running/jogging. I much prefer a low intensity workout such as the 'stepper' or even the 'treadmill' at a fast pace walk. Have you tried using a 'stair climber'? Now that is a killer! You can combine a fast pace walk with a double step climb which will totally build up a sweat and help you shed those kilo's fast. At the same time it will help you tone and firm the lower half of your body.*

*Don't get me wrong, I do like to train outdoors and from time to time I will include 'track workouts' into my routine. By that, I mean fast sprints and a set of plyometric squats jumps and lunges to really get those legs burning. Track workouts also keep me looking slender and at present this is the look the IFBB judges seem to be leaning more towards. I understand what it's like to have a busy lifestyle. I feel the days are simply not long enough. Why not try doing some track workouts at a local park or stadium twice a week to begin with. Ease into it at first as*

*you may find you are quite sore after the first couple of workouts. Your body will need to adjust to the new workout so give it a week or two before you increase the intensity. You can combine this with a one hour power walk first thing in the morning before breakfast. Give it a shot! Don't be afraid to change.*

Love,  
Rosa

## ABSOLUTE BEGINNER!

Hi Rosa,

I'm 31 and have never trained before in my life. I want to add muscle and build strength. What do I need to do to achieve this goal?

Scott Walden

Hi Scott,

*Well it's never too late to start! Congratulations on taking the first step – that is making the decision to lead a healthy lifestyle. I am so happy for you.*

*I would suggest hiring a trainer first of all. Someone you can trust and aspire to look like. Someone who has been in the business for a while and who has a good solid background in the fitness industry. You will need to have a workout and nutrition programme specifically designed for you and your body type in order to achieve maximum results fast.*

*Your trainer will need to take into account that you have never exercised before so it is vital they ease you into the programme to avoid any injuries.*

*If I were you I would start exercising on a regular basis three times per week and gradually build that up to five over the next few months. I recommend your programme include both weights and cardio sessions and that you consume a good balance of carbohydrates and protein as well as some fruit and vegetables. We want to start feeding the body the foods it requires in order for it to grow and re-shape.*

*With your weights workout I would keep the reps low for now, anywhere between 8 to 10 and ensure you are maxing out on every set. Your last set should be challenging and may require a spot. Keep with your initial programme for about eight weeks and then it will be time re-evaluate and change.*

*I ask you to give yourself time to get used to the new lifestyle. It will take time to build strength and muscle but if you train correctly and eat the right foods, your body will change and you will become stronger. Good luck!*

Train hard,  
Rosa

Hey Rosa,

I did my first bodysculpt competition this year in May. I got my bodyfat down to 9% and weighed 52 kgs, it was a great journey and I learnt a lot about myself and others! I didn't break once and was so proud of the end result.

We are now in August and I'm hating the way I look. I weighed in today at 60 kg. I feel huge even though I still exercise twice a day and do cardio. I pretty much stick to the diet but I am enjoying fruit and a few nuts. I have a couple of glasses of wines at the weekend and feel that I should as I work real hard. I feel so low now. How do you feel out of competition training and what should I change in my diet and exercise?

Angela Buckingham

Hi Angela,

*This is something I hear all too often. It is very common to feel this way after a competition. After all, you have just been in the shape of your life and it's going to be hard to top that. The feeling you get when you*

*walk out on stage is like no other and I can understand the desire for you to want to be in that shape all year round.*

*The bottom line is Angela, it's just not possible. I can tell you from experience that at some point your body will stop responding and then you will face all sorts of things like getting sick, being tired and not being able to train or think effectively just to name a few. It is vital that after a show you provide your body with the right nutrients and foods in order for it to grow and develop. When we compete we push our bodies to the absolute limit.*

*There is no way one can survive on the very few calories we consume around contest time. But I do understand how you feel, trust me. I have been there myself along with many other woman. I would suggest changing your training programme to begin with.*

*How about getting outdoors and increasing your cardio or even including some track workouts into your routine? How about training with a friend or partner? With regards to your diet, start incorporating new foods or perhaps new recipes to spice things up a little. Don't be afraid to eat, as your body needs it right now.*

*There is also no need for you to train twice a day. Give your body some rest and I promise you will benefit from it mentally and physically. I suggest you set yourself a goal and work towards achieving it. You may have another contest in mind or perhaps even a photo shoot. Don't dwell, make it happen. Life is too short to feel negative and unhappy. If I were you I'd be making the most of my days and working towards a new project. One thing is for sure, you got yourself in unbelievable shape and I guarantee you can do it again. Learn to listen to your body and work with it and then you will find a good balance and self-satisfaction. Listen to your body.*

Stay focused,  
Love,  
Rosa





- Seated dumbbell front raise**
- superset with -
- Upright row**
- Push-ups off stability ball**
- Peck deck**
- Single arm dumbbell curl**
- superset with-
- Straight bar curl**

**TUESDAY**

**Track workout**

**WEDNESDAY**

**legs**

- Leg press**
- superset with -
- Hack squat**
- superset with -
- Leg extension**
- Lying leg curl**
- superset with -
- Stationary lunges**

**THURSDAY**

**back & triceps**

- Chin-ups**
- Wide-grip lat pulldown**
- superset with -
- Seated cable row**
- Dumbbell overhead press**
- superset with -
- Dips**

**FRIDAY**

**Track Workout**

**SATURDAY**

**Cardio**

**SUNDAY**

**Day off!**

*As you can see I am not doing a lot of weights. I am already carrying a fair bit of muscle, enough for a pro figure competitor, so my training is a bit like circuit training with plenty of cardio to keep slender. This is the preferred look for the 2008 competitive season. The judges want to see less flexing/muscle and more shape in Pro IFBB Figure competitors.*

*Hope this helps and that you now have some insight in to how I train and the reason behind it.*

*Keep it up,  
Love,  
Rosa M&F*

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*Rosa-Maria, Australia's most successful figure competitor, looks forward to answering all your questions! Email your questions now to: [rose@fitrose.com](mailto:rose@fitrose.com)*

**TRAINING TIPS?**

**Hi Rosa,**

I'm in training at the moment and train three times a week quite intensely. Can you tell me how much I should weigh for my height of 162 cm. Please can you give me some training tips and the ways in which you workout?

Thanks,  
Sonia

*Hi Sonia,*

*Without me seeing what you look like it is very difficult for me to tell you what weight I think you should be. I have some clients who are the same height as you who weigh around 50 kg and others who weigh in the mid 50's. It really*

*depends on your shape and how much muscle you are carrying.*

*In regards to training, I would be delighted to share with you my current programme. Right now I'm in the middle of my contest season. I am training each bodypart differently. Reps are between 15 and 30 and I am doing three sets per exercise. My workouts look somewhat like this:*

**DAILY CARDIO:** anywhere between 45 to 60 minutes.

**MONDAY**

**shoulders, chest & biceps**

**Seated shoulder press**

- superset with -
- Seated lateral raise**