

DEAR ROSA

MULTIPLE EXERCISES

Hi Rosa,

I am new to the whole bodybuilding sport and was just wondering how many sets, etc., should I be doing? I'm currently doing three days per week (legs, upper body and legs again one week and reverse the next week). I do about 17 different exercises for 3 sets of 20 reps. This is obviously taking a lot of time and I've read that you really only need to do four exercises per

bodypart for ten reps and only one set. Wouldn't doing more be more beneficial? Also, should I be mixing up what I do, or do exercises in a set order? For example, always do bench presses followed by arm curls, etc or just random? I also do one set of, say, arm curls and then do one set of military presses and then go back to curls and so on. So, I take forever to complete one set of any exercise. Is this good or bad? I use mainly free weights as I train at home. The only machines I have are pec deck, (weight bench) leg curl and extension machine. I think it is called a Romanian chair leg lift!

Michelle,
NSW

Hi Michelle,

Without seeing a photograph of you it's a little difficult for me to give you an accurate response to all your questions. However, I can most certainly guide you in the right direction.

It's good that you are training three times a week. This would be the absolute minimum I would ever recommend so it's an excellent start. I would try to bump this up to five days over the next few weeks, once your body has become accustomed to the exercises and intense training. Three to four exercises per bodypart is more than enough and in some cases two is plenty! I for example only do two exercises for chest, biceps and triceps, as I have no desire to put any more mass on these areas being a figure competitor and not a bodybuilder.

If you would like to build muscle, then keep your reps between six and eight. If you would like to maintain or tighten



GREG WRIGHT

up certain areas then you should keep your reps between 15 and 20. I will normally perform around 20 reps for my legs, as they are my strongest bodypart. When training with weights focus more on performing the exercises correctly and lifting as heavy as possible without jeopardising your form. Doing more reps is not necessarily better! Doing too much can cause fatigue, injuries and long term damage. Your body needs rest in order for it to grow. Train hard but be smart!

I don't see how anyone could possibly do more than four exercises per bodypart if the exercises are being performed correctly and to the absolute maximum weight. I would be inclined to say that you need to lift heavier. In order to achieve great results I recommend sticking to one programme for at least six weeks then change, incorporating new exercises into the routine.

You have indicated that you train from home and have limited weights. This should not be a problem at all. There are so many different exercises you can do using standard dumbbells alone. It might take you a little longer to put together a routine but as long as you think outside the square, you will be amazed at just how many exercises you can come up with! Spend some time on the Internet or have a read through past Muscle & Fitness magazines where you are bound to find loads to work with. Keep up the great work!

Love,
Rosa

PUTTING ON SIZE

Dear Rosa,

Is it true that to build muscle, one needs to eat loads of food? I'd like to compete this year and I have been told I need to put on size but I am afraid of getting fat! There



JUAN CARLOS LOPEZ



GENE FX HWANG

must be another way. What do you recommend?

Sessa,
WA

Dear Sessa,

Competing this year? You have your goals set and now it's time to get the ball rolling, so to speak. Yes, you can build muscle without getting fat and that is the key! I don't believe in putting on enormous amounts of weight in the off-season. This will only make it harder for you to get in shape and ready for your show in time. It's all about eating the right foods and quantities, feeding the muscle every two to three hours and training nice and heavy. Don't forget consistency also plays a huge role. There's no point training and eating really well one day and then bumming out the next.

The key to maintaining and building good quality muscle is to consume protein with every meal. Try to eat close to six or seven meals per day and drink plenty of water as well. Try my sample diet below and see how you go. If you find you are still

hungry throughout the day, then feel free to add an extra meal or even protein shake.

Breakfast

8 egg-white omelette with 45 g baked muesli, handful blueberries and strawberries.

Snack

10 almonds, apple or banana, one protein shake with one-tablespoon flaxseeds mixed in with shake.

Lunch

120 g broiled chicken breast with mixed vegetables, one-tablespoon peanut butter, one large sweet potato and 115 g cottage cheese.

Snack

Protein yoghurt or shake and 3 rice cakes

Dinner

100 g steamed fish with 185 g steamed veggies, 185 g steamed spinach and 155 g steamed white baby potatoes. Also have a mixed salad with this meal.

Snack

Tuna salad

Good luck with your preparation Sessa,

and I can't wait to see your contest pictures!

Love,
Rosa

3-DAYS-A-WEEK PROGRAMME

Dear Rosa,

I struggle to find time to train and can only make it to the gym three times per week. Could you please put together a programme that will enable me to cover my entire body in only three days of training. I simply don't have the time!

Catherine,
ACT

Hi Catherine,

These days, most of us have very busy lifestyles with many work and family commitments so, I can understand where you are coming from. Below is a three-day weights workout programme designed for the busy bee! I hope this helps. Remember, consistency is the key. Stick with a plan for best and fast results.

Love, Rosa

3-DAY WEIGHTS WORKOUT PROGRAMME

MONDAY

Chest

Lying flat bench presses:

3 sets of 12, 12, 10 reps

Incline bench presses:

3 sets of 12, 12, 10 reps

Incline dumbbell flies:

3 sets of same weight of 12 reps

Cable crossovers:

3 sets of same weight

12 reps

Biceps

Alternating dumbbell

curls:

3 sets of 15, 12, 10, 8 reps

Standing biceps

curls:

3 sets of 15, 12, 10, 8 reps

Seated concentra-

tion curls:

3 sets of 15, 12, 10, 8 reps

Preacher curls:

3 sets of 15, 12, 10, 8 reps

Triceps

Triceps press-

downs:

3 sets of 15, 12, 10, 8 reps

Triceps kickbacks:

3 sets of 15, 12, 10, 8 reps

Dumbbell

overhead extensi-

ons:

3 sets of 15, 12, 10, 8 reps

French presses with bar:

3 sets of 15, 12, 10, 8 reps

WEDNESDAY

Quads

Leg extensions:

3 sets of 15, 12, 10 8 reps

Hack squats:

3 sets of 15, 12, 10, 8 reps

Leg presses:

3 sets of 15, 12, 10, 8 reps

Squats:

3 sets of 15, 12, 10, 8 reps

Hamstrings

Seated leg curls:

3 sets of 15, 12, 10, 8 reps

Lying leg curls:

3 sets of 15, 12, 10, 8 reps

Deadlifts:

3 sets of 15, 12, 10, 8 reps

Calves

Seated calf raises:

3 sets of 15, 12, 10, 8 reps

Standing calf raises:

3 sets of 15, 12, 10, 8 reps

Abdominals

Bench crunches:

3 sets of 25 reps

Leg raises:

3 sets of 25 reps

FRIDAY

Back

Wide-grip chin-ups:

3 sets of 15, 12, 10, 8 reps

Wide-grip lat pulldowns:

3 sets of 15, 12, 10, 8 reps

Seated cable rows:

3 sets of 15, 12, 10, 8 reps

Bent-over barbell rows:

3 sets of 15, 12, 10, 8 reps

Shoulders

Military presses with dumbbell:

3 sets of 15, 12, 10, 8 reps

Front deltoid raises:

3 sets of 15, 12, 10, 8 reps

Bent-over lateral raises:

3 sets of 15, 12, 10, 8 reps

Side lateral raises:

3 sets of 15, 12, 10, 8 reps

Traps

Shrugs:

3 sets of 15, 12, 10, 8 reps

Upright rows:

3 sets of 15, 12, 10, 8 reps

Abdominals

Bench crunches:

3 sets of 25 reps

Leg raises:

3 sets of 25 reps **M&F**

Rosa-Maria Romero is Australia's most successful figure competitor and looks forward to answering all your questions!

Email your questions now to: rose@fitrose.com



CHARLES LOWTHIAN