

POSE DOWN

MUSCLE & FITNESS



**BEAUTY FROM DOWN UNDER
ROSA-MARIE ROMERO**

TRAINING LEGS WITH ZOA LINSEY

**ALSO INSIDE:
BLUE COLLAR BODYBUILDING
WITH JOE LEAHY**

MARCH 2010

Posedown is very proud to feature Rosa-Marie Romero on this month's cover. This is the first figure competitor that has earned this honor. We got a chance to visit with Rose 2 weeks before the Phoenix Pro where she placed 3rd and earned a qualifying spot at this year's Olympia. As you will see, Rose is not only a tremendous athlete but also an awesome person.

PD: So Rose, I have to ask the question no woman likes to hear. How old are you?

RR: I am 34 years old Mike.

PD: Wow! I was thinking late 20's. How long have you been competing?

RR: It's been seven years since I first stepped on stage, but the last two years have been as an IFBB Pro.

PD: You're not from the U.S., exactly where are you from?

RR: I was born and raised in the eastern suburbs of Sydney, Australia.

PD: So how did you end up in this industry?

RR: A very close friend of mine Steve Iacavone was competing at the 2003 NPFC/IFBB Australasia Championships and asked I come along for support. This was the first time I saw the Figure category and I was instantly hooked! I knew from that moment that I wanted to compete and I was determined to go all the way. I had my sights set on Olympia from day one. Now, here I am the highest ranked International Figure Pro in the USA and the number one Figure Pro in South Pacific. I like the sound of that!

Tell me a little about living in Aust.

Australia is very beautiful, hot and a real outdoors type of place. Lots' of beaches where I'm from and people are really into the healthy living. It's quite a multicultural country to be honest. The difficult part for me about living in Sydney is that I am so far away from the rest of the world, especially the States, so I have to travel at least 14 hours on a plane to get to a show! Those of you who have followed my competitive career will know that I have competed in 14 Pro Shows. That's a lot of plane trips!

PD: Are figure competitors looked up to there?

RR: Yes they are. Figure is becoming extremely popular here now. I am really excited to be involved with the NPFC in Australia and am an official judge. We have two major shows here per year, Australasia & Nationals as well as the regional shows through out Australia. Huge line up's and sell out events.



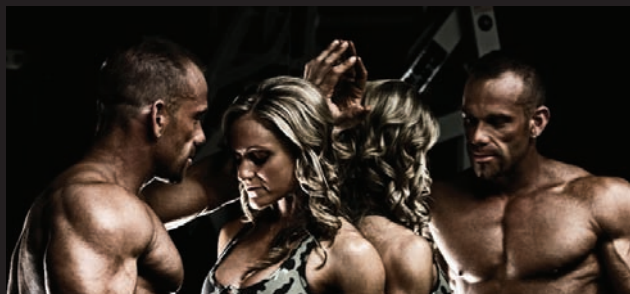
ROSA-MARIE ROMERO

By Mike Bell





Rose-Marie Romero



PD: Who is your favorite bodybuilder or competitor of all time?

RR: That would have to be Moe El Moussawi. He is a family man with two beautiful little girls, a successful business person and competitor. He has taught me how to balance personal with business and I have benefited greatly from this. Bodybuilding is a huge part of my life but so are my boys. Finding the balance is the key for success.

PD: Who has been your biggest influence?

RR: My two little boys Dylan & Jaime have been my main influence and I hope one day they will fully understand the importance of hard work and determination. We can achieve anything in this world. It's those who follow their dreams and work hard that ultimately reach their goals.

PD: What are your strong points?

RR: Those who know me well will tell you I am strong-minded and a 'go getter'. I am committed and passionate about what I do. I am also a perfectionist so stepping out on stage less than 110% ready will never be the case. It's all or nothing when it comes to FITROSE!

PD: I believe those are better qualities than having great body parts. You can't teach passion and commitment. What are your weak points that you want to bring up?

RR: That's easy, wanting everything yesterday! Sometimes one has to learn to be patient.

PD: In this sport patience is something hardly anyone has, but its great you can admit that. What kind of diet do you use and do you have to diet long for your contest prep?

RR: It will normally take me about 8 weeks to get ready for a show however, I train all year round, never miss a day...I just love it! My diet consists of 8-10 meals per day. I do eat quite a lot of carbs but then again I train pretty hard so I need the carbs in order to train at my fullest potential.

PD: That sounds pretty normal for a bodybuilder. I don't hear too many figure competitors eating 8-10 meals a day. What does cardio look like for you in the offseason and prep time?

RR: In the off-season I will normally do cardio for about 30 minutes five days per week. During contest prep time, this will increase to two to three times per day depending on where I'm at weight wise and how far out from the show.

ROSA-MARIE ROMERO CONTINUES

PD: Do you have a favorite body part to train or a favorite lift?

RR: I love training legs! As hard as it is to get motivated to train them, once they are done, there really is no better feeling. It's one of those areas you just can't afford to neglect. As they say "Go hard or go home but always have fun!"

PD: What are your favorite supplements?

RR: I absolute love the entire range from Nutrigenix, especially their 'Formula O'. You may have seen Nicole Wilkins on the bottle itself. This is the most amazing fat burner and the results speak for themselves. BCAA, Whey Protein, Antioxidants, Multi Vitamin, Arginine, Fish Oil, Vitamin E, L Carnitine & L Glutamine are all incorporated into my daily diet.

PD: What are your plans for 2010?

RR: 2010 is shaping up to be huge. I am now under the guidance of Rob & Shannon Dey and we have the year mapped out already. I will start off at the Phoenix Pro followed by the Arnold Classic Ms Figure International. You can also expect to see me compete close to home at the up coming New Zealand Pro. My goal is to obviously qualify for Olympia at one of these shows. Let's see how it all goes but I am confident 2010 will be massive. I am the first Australian ever to grace the stage at AC Figure International. I hope to back this up at the 2010 Figure Olympia in Vegas.

PD: What is your current job?

RR: I work as a Long Haul Flight Attendant, Personal Trainer, TV Presenter & Actress, am an NPFC/IFBB Judge and let's not forget mother of two! Definitely am busy but I wouldn't have it any other way.

PD: Wow! That's a lot on your plate. What is something that people would find interesting about you that they don't already know?

RR: I am Spanish! Both my parents are Spanish however, I was born in Australia. I do speak fluent Spanish and am very passionate about my culture. I was also a professional Flamenco Dancer up until the age of 21 and ran my own Academy of Dance for many years.

PD: After your career is over what do you plan on doing?

RR: I hope to continue inspiring others to lead a healthy lifestyle and motivating women to reach high and pursue their goals and aspirations. I am currently working very close with Nutrigenix and hope to expand the company throughout South Pacific.

PD: You are a very surprising woman alright. I want to thank you for your time and best of luck this year. Do you have a website where your fans can find out more of you?

RR: Thank you for having me. My website is www.fitrose.com, please stop by check things out!

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www.charleslowthian.com

