

ROSA-MARIA ROMERO

JOINS THE M&F TEAM

A LITTLE BIT ABOUT ROSA-MARIA... Rosa-Maria Romero, nicknamed Fit Rose, is Australia's most successful Figure competitor. Not only has she won the Australian Body Shape title three times, she also placed 4th at the IFBB World Championships in 2006 making her the highest ever placed Australian female at this event.

"I began lifting weights in 2003 after watching a friend of mine compete in the under 80 kg weight class at the Australasian Championships. I saw the figure category and loved it. Six months later I competed in my first national competition and won! I have not looked back since. I love training with weights and look forward to every

session. It's a part of my life and I can't see myself ever letting go."

Rosa-Maria has appeared in over 40 publications, including four front covers! She is a regular on the *Mornings with Kerri-Anne* show on Channel 9, where she presents fitness and beauty products, and she also works part-time as an international flight attendant. As well as this, she enjoys personal training and preparing girls for contests. Most recently Rosa-Maria has joined the IFBB judging panel and she looks forward to judging the 2008 Australasian and National Championships.

"I'm in it for the long run. Back in 2003 I dreamed of becoming a pro. I never, ever, imagined it would happen so quickly. I knew it was going to be hard, but I was determined to be the best I possibly could. I stayed focused and believed in myself and this is what I continue to do now. I have competed in

six pro shows so far and I am proud to represent Australia frequently. I am very lucky to have signed an endorsement contract with Australian Sports Nutrition, which will enable me to compete in at least eight shows in 2008. My goal? To represent Australia at the Figure Olympia. Believe in your self and follow your dreams..."

Rosa-Maria is delighted to have joined the team at MUSCLE & FITNESS and looks forward to answering all your questions! Email your questions now to rose@fitrose.com

ROSA-MARIA'S DIET

MEAL ONE

Oats, whey protein shake and egg whites

MEAL TWO

Brown rice, tuna, mixed greens

MEAL THREE

Sweet potato, steak and mixed greens

SNAPSHOT

OCCUPATION Long-haul flight attendant, mother of two, TV presenter, personal trainer and IFBB Pro Figure competitor.

HOMETOWN Surry Hills, Sydney

BIRTHDAY 19th September

OFF-SEASON WEIGHT 55 kg

CONTEST WEIGHT 53 kg

CONTACT www.fitrose.com or email rose@fitrose.com





CONTEST HIGHLIGHTS

2007 IFBB PRO FIGURE

11th, Sacramento Pro
16th, Jan Tana Classic
16th, Colorado Pro
15th, California Pro
19th, Pittsburgh Pro

2006 NPFC/IFBB

1st, IFBB Australian Title and Overall Champion (pro card accepted)
1st, IFBB Mixed Pairs Australian Titles
4th, IFBB World Championships (pro card awarded) highest ever placed Australian female at the World Championships

2005 NPFC/IFBB

1st, IFBB Australian Title and Overall Champion
1st, IFBB NSW Title

2004 NPFC/IFBB

2nd, IFBB Australasian Title

2003 NPFC/IFBB

2nd, IFBB Australian Title
1st, IFBB NSW Title

M&F



MEAL FOUR

Brown rice, chicken and mixed greens

MEAL FIVE

4 rice cakes with sugar-free jam and whey protein shake.

MEAL SIX

White fish, mixed greens

WORKOUTS

I am currently training five days, I rest on day six then repeat the cycle. Looks a little like this...

DAY 1

Chest, triceps and abs

DAY 2

Quads, calves and abs

DAY 3

Back and biceps

DAY 4

Shoulders and abs

DAY 5

Hamstrings and calves

DAY 6

Rest

Repeat the cycle...

Rosa-Maria Romero

IFBB PRO FIGURE COMPETITOR

Cover Model, TV Presenter, Personal Trainer



3 x Australian National
Body Shape Champion
and World Grand Finalist



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