



DEAR ROSA

ROSA-MARIA, AUSTRALIA'S MOST SUCCESSFUL FIGURE COMPETITOR, 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

WHAT EXERCISES?

Dear Rosa,

I'm in the midst of training for a figure competition some months away. However, I will have to stop training for two weeks and then slowly return due to having a deviated septum corrected (this is surgery on the nose much like rhinoplasty).

My question is, what sort of exercises can I include in my programme that would hinder blood going to my face or making my nose swell during the recovery period from week three post-surgery to the sixth week? After this I can return to my normal programme.

Apparently I can only do those exercises that do not allow me to be bent over or lying flat.

Yours,
Jewel,
VIC

Hi Jewel,

Thank you for your question. I sure do hope you get well soon. Sounds like you are super-keen to get back into the swing of things and I can totally understand that. My main concern here is that you are not giving yourself the right

amount of time to heal properly thus exposing yourself to the possibility of long-term health risks. In my opinion, I would recommend no weight training at all until you are fully recovered. There is no reason why you can't do a little cardio perhaps on the treadmill. That way you are still at the gym and working out but on a different level. This will help you maintain your fitness and drive so that when you return to the weights floor your body dials in as per usual.

I know what it is like to have an operation or injury. Back in 2004 I suffered from tennis elbow and was unable to weight train for a period of six months. It was a well-deserved break and my body was asking for it. When I recommenced weight training the gains I made were amazing. So, I truly believe that the break was beneficial to me not only because I healed faster but because my body really needed it at the time. I went on to win the Nationals in 2005 and 2006!

Jewel, I recommend you keep your cardio up and perhaps light-weight training for now. Take your time, get better and listen to your body. I hope this helps.

Your friend,
Rosa

PUTTING ON SIZE

Dear Rosa,

I met you at the Sydney Fitness Expo. Let me just say, you looked fabulous and are a huge inspiration. My biggest problem is putting on size! I eat plenty of protein and carbohydrates with every meal and I still can't get big. I would love to build my shoulders and back but I am struggling. What do you suggest, Rosa?

Pat,
QLD

Hi Pat,

Yes, I do remember chatting to you and thanks for stopping by and saying hello. I love meeting people who share the same passion and dreams. Well done on your recent achievements too!

In regards to putting on size, it sounds to me as though your training needs to change. I seem to think that perhaps you have been training the same way for quite some time now and your body has become accustomed to that. I remember you mentioned to me that your reps per set were on average 12. If this is the case, then try reducing that to 8 to 10 and increase the weight. I would love to see you lifting heavier, slower and more controlled. I would definitely stick



SCOTT MUDERNO



with 12 reps for your legs as they do appear muscly and quite solid (perfect!).

You also mentioned that you were consuming about five to six meals throughout the day. If this is the case then try and increase that to nine with the last meal being a shake at around 11.00 pm. Let me draft something out for you. Try it out and keep me posted on your progress.

It was very nice to meet you at the show and I wish you all the luck in your next competition - The World Championships in Toronto!

7:00 AM

235 g cooked oats
10 egg whites

8:30 AM

35 g whey isolate
10 g L-glutamine

TRAIN

Make sure you have your amino acid tablets immediately after your workout.

10:30 AM

35 g whey isolate
10 g L-glutamine

NOON

180 g chicken breast
175 g cooked sweet potato, cubed

2:00 PM

130 g filet mignon
200 g cooked brown rice

4:00 PM

35 g whey isolate
10 g L-glutamine

7:00 PM

180 g chicken breast
Mixed salad

9:00 PM

200 g grilled salmon
Mixed salad

11:00 PM

35 g whey isolate
10 g L-glutamine

Keep at it Pat, I know you have the potential to do well. Not only do you have great shape but you have a strong mind and determination, which is so important to have in this sport. Stay in touch!

Love,
Rosa

RECIPE SUGGESTIONS

Dear Rosa,

Don't you get tired of eating the same foods day in, day out? I was wondering if you might have some recepies or suggestions in making my diet more interesting. I have been competing now for almost three years and I am starting to get tired of the same old chicken and broccoli! Please help me, Rosa!

Samantha,
WA

Hello Samantha,

I totally understand where you are coming from. As if training isn't hard enough! We need to be creative when preparing our meals. Don't be afraid to use herbs and spices and feel free to use a little fat-free sauce when desired. Over the past few years I have learnt to be patient when cooking my meals. Give yourself time and use your imagination. Let me share some of my favourite recipes...

MY FAVOURITE OMELETTE

8 egg whites
100 g spinach
1 tomato
½ onion
3 white potatoes
Cook, mix and enjoy!

TUNA PANCAKES

1 can tuna in springwater
5 egg whites
60 g dry traditional oats
Mix all the ingredients together and use a spray oil to fry both sides until they are golden brown. This would have to be my favourite dish!

FRENCH TOAST

6 to 8 egg whites
Brown bread
a little skimmed milk
a little cinnamon
Dip the bread in the batter then use a spray oil and lightly fry until solid and golden.

FISH AND RICE

I use perch and basmati rice. I'll also add a little sweet chilli sauce and garlic. Perfect meal if you are in a hurry and have limited cooking time.

PROTEIN PANCAKES

8 egg whites and 1 yolk
60 g dry traditional oats
1 scoop whey protein
Blend all ingredients together and use a spray oil to cook in pan flipping over from time to time as you would when cooking a standard pancake. I will also add sugar-free syrup once the pancake is cooked.

Love,
Rosa **M&F**



JULIO ARENAS

IFBB PRO FIGURE COMPETITOR

Cover Model, TV Presenter, Personal Trainer

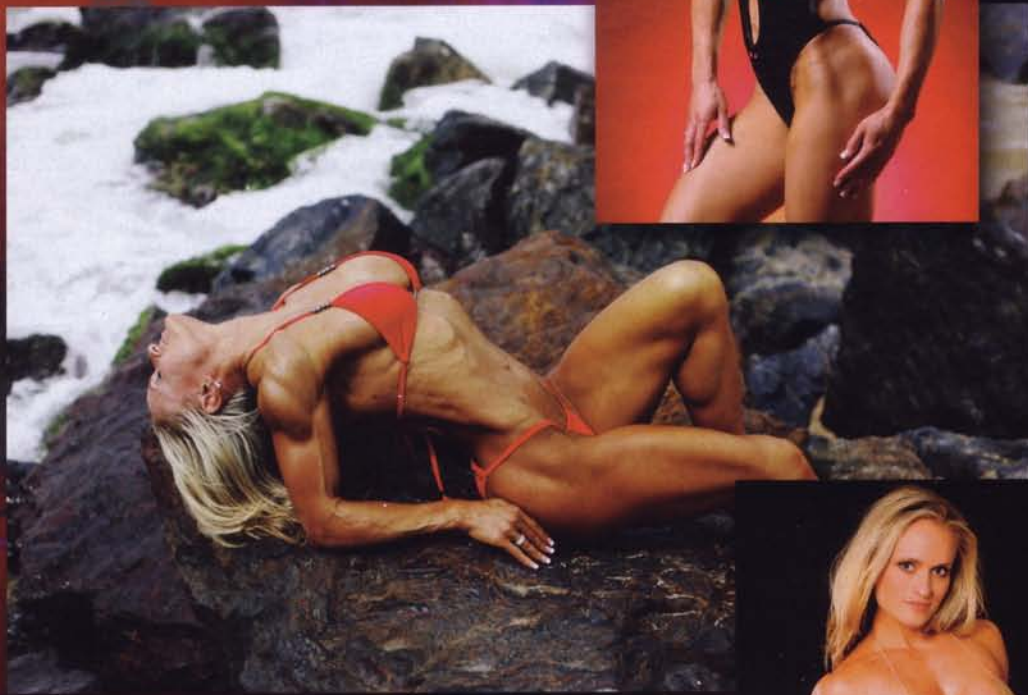


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Rosa-Maria Romero