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G'DAY MATE!
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PLANET'S AUSSIE ROSE



PHOTO BY CHARLIE SURIANO

GIDDAY' MATE!

Former Flamenco dancer, Rosa Maria Romero is sizzling hot in competitive Fitness.

BY TERI HANSEN

Rosa Maria Romera (a Rose is a Rose is a Rose) was born in Paddington Sydney to Spanish immigrants. Even at a young age Rosa Romero was no stranger to the active Australian lifestyle. With a love for local sports including netball, tennis & field hockey, Rosa ('Rose') soon became actively involved with every sport she could get herself into.

Even though she was very athletic on the field, her real passion was in the studio with the traditional dance of Spain known as Flamenco. Not only did this beautiful expression of dance keep her tiny frame sexy and lean, it also brought her closer to her family heritage and the culture of her parent's original Spanish homeland. With a strong will and aggressive persona, Rose opened her own dance studio she named Spanish Rose Dance Studio, which featured Flamenco Dance instruction. That was the beginning of her love for an active lifestyle through the expression of dance.

Bit by the Fitness Bug

With her love for sports and dance, Rose began teaching group aerobics classes at various health clubs, eventually becoming a certified Personal Trainer. Shortly after, she entered aerobic competitions, winning the NSW State title and runner up in the Nationals.

SEXY FIGURE--DOWN UNDER!



Rosa went from dancing with Flamenco to 'dancing' with one - arm triceps pushdowns (which we like better!)

PHOTO BY RALPH DEHAAN

"At the peak of her aerobic career, in 1995 Rose was selected to be a part of a popular TV show called Aerobics Ozstyle and she worked as a Fitness Presenter for Australian television."

Being the fitness advocate that she was, Rose had tried it all. However, it wasn't until after the birth of her two boys Dylan and Jaime (April 2003 to be exact) that Rose began training seriously with weights. After the birth of her babies, she was really impressed with the changes that a challenging weight training program had made on her post-baby physique. She was hooked!

After many months of following a challenging weight training program and following a strict diet plan, Rose decided to enter into her first Figure show in October 2003. Much to her surprise, she won the WNSO-ANB Australian Figure Title. This was the beginning of a whole new career!

In the following months, Rosa continued to successfully compete. **She took 1st place at the NPFC/IFBB NSW Championships followed by 3x Australian National Figure titles. Rose made Professional in 2006 after placing 4th at the IFBB world championships in Spain, making her the highest ever placed Australian female in the sports history. She had now made her mark in the fitness world.**

No Worries, Mate!

Rose currently resides in Sydney and has committed herself to the health and fitness industry promoting the sport worldwide. She has become Australia's favorite fitness model appearing on numerous magazine covers and is frequently on television promoting fitness and beauty products. She continues to compete regularly in the US and is considered Australia's most successful Figure Competitor.

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ROSES DOWN UNDER WORKOUT

To stay sexy, lean and stage ready, Rose trains 5 days on and 1 day off, then continues the cycle. She does 3 sets per exercise except for quads, where she does 4 sets. She also performs some exercises in giant sets (see notes below).

DAY 1

PECTORALS:

3 work sets of 10-13 reps on each to failure.

Incline barbell presses
Stability ball push-ups
Cable crossovers

TRICEPS:

3 work sets of 11-12 reps on each to failure.

Triceps extensions
Triceps pushdowns
Triceps kickbacks

ABDOMINALS:

Rose likes a Giant Set with 20 reps each exercise.

Crunches
hip work on the stability ball
Leg raises off bench

DAY 2

QUADS and CALVES:

4 sets each of 20 reps each to failure.

Single leg presses with foot low on the platform.
Leg extensions
Leg presses with feet wide and low on the platform.
Step-ups on bench
Single calf raises using leg press machine.
Seated calf raises

DAY 3

BACK:

3 work sets of 10-12 reps to failure.

Wide-grip pull-ups
Dumbbell rows
Close-grip long pulley rows
Bent over barbell rows (supinated grip)
T-bar rows
Low back (hyper) extensions

BICEPS:

3 work sets of 'about' 12 reps.

Straight bar curls
Concentration curls

DAY 4

SHOULDERS:

3 work sets of 9-11 reps to failure.

Standing dumbbell presses
Lateral raises with cable
Lateral raises with dumbbell
Wide-grip upright rows
Rear delts using reverse chest fly machine.

ABS:

20 reps (giant set again).

Crunches (10 lb. plate behind head)
Reverse crunches
Crunches w/ cable machine

DAY 5

GLUTES, HAMSTRINGS, CALVES & ABS:

3 work sets of 18-20 reps to failure.

Stationary lunges with bar
Step Ups with 30 lbs.
Single leg presses with foot high on the platform.
Standing (or seated) leg curls
Hack squats
Calf raises
Crunches with rope
Reverse crunches
Hip work on the stability ball.

DAY 6/7

(Rest and Repeat)

Rose prefers three heavy work sets, usually 9-13 reps, all to failure with all her exercises, (like triceps kickbacks for example).



PHOTO BY RALPH DEBAY

Standing leg curls



Alternating dumbbell curls



Rose is an IFBB professional and believe it or not, she has two little boys, Dylan and Jamie.



Lat machine pulldowns



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ROSE'S FOOD DIARY

- *1 teaspoon (5 grams) of L-glutamine upon rising with water
- *4 Liters of water daily.

MEALS

- 6:00 a.m. Meal 1:**
8 egg whites scrambled & 1/2 c. (measured dry) oatmeal.
- 8:00 a.m. Meal 2:**
Protein shake, 5 g glutamine & 10 almonds or cashews.
- 10:00 a.m. Meal 3:**
115g Turkey breast with 100g baked potato & mixed vegetables.
- 12:30 p.m. Meal 4:**
115g chicken breast with 100g baked potato & mixed vegetables.
- 3:00 p.m. Meal 5:**
100g lean beef & mixed salad.
- 5:00 p.m. Meal 6:**
160g salmon with steamed veggies & 1/3 cup brown rice.
- 7:00 p.m. Meal 7:**
Protein shake & 5 g glutamine.

ROSE'S SUPPLEMENT SECRETS

- *Multi-vitamin/mineral and anti-oxidants with breakfast.
- *Whey protein isolate after workout.
- *L-Glutamine amino supplement in mid a.m. and late p.m.
- *HMB supplement - 2-3 times each day.
- *Fish oil supplements with meal 2.
- *Flaxseed oil supplements with meal 5

A Rose is a Rose is a Rose!



PHOTO BY GREGG WRIGHT