

👤 Shelley Geoffrey

📷 Courtesy by Rose-Marie Romero

Getting fit is not easy but it's worth the effort more than anything else. In fact, anyone can sculpt his or her body at will, if only he or she has the willpower to do it. And there's the rub. Everyone wants an improved physique but most are not willing to put in the hard work and patience required, and they generally complain about not having the time or genetics to succeed. The truth is they don't have the guts.

These days more and more women are finding out that weight training and a sensible diet are the best tools for sculpting their bodies and staying young and healthy, but still many give up the new lifestyle even before they get the results they were after. Why? Well, you will hear excuses of every kind, but Rosa-Maria Romero is one of the many women who prove that if you really want something badly enough, you can succeed no matter what.

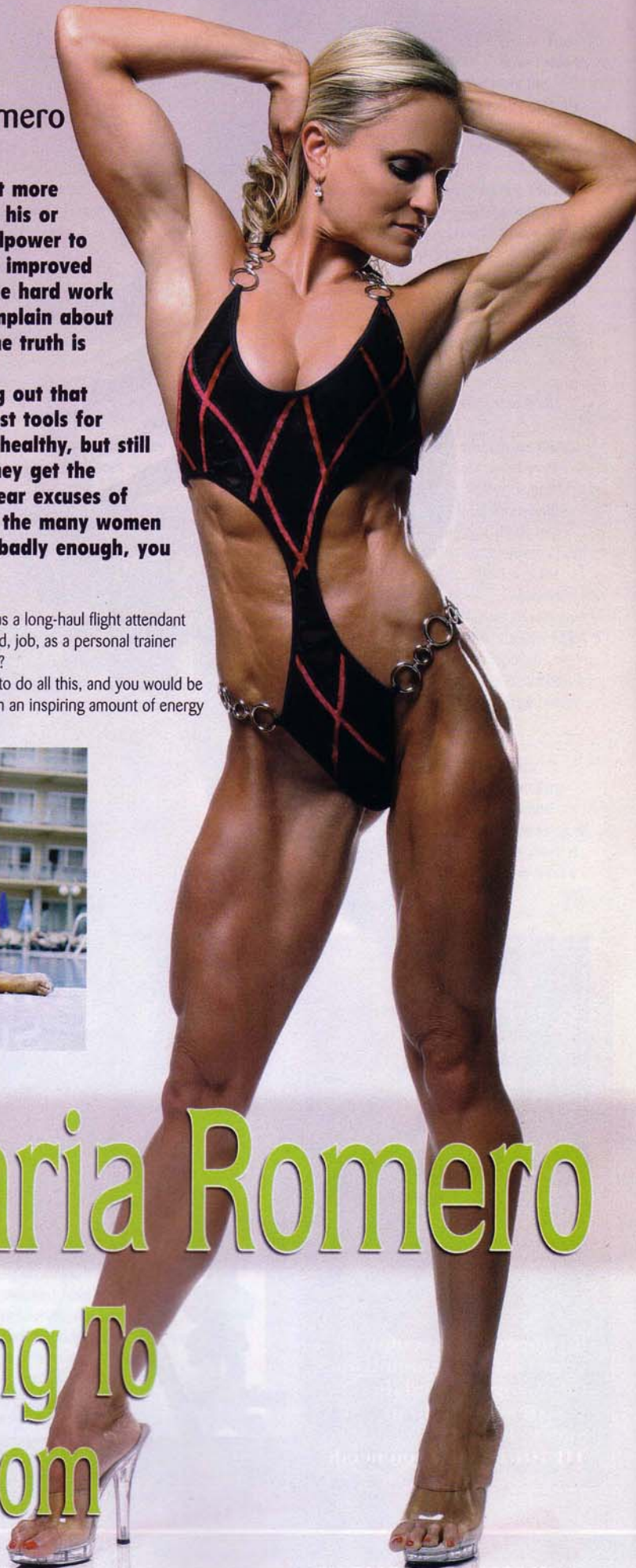
What can you say about a mother of two who works as a long-haul flight attendant and still manages to take care of her family, husband, job, as a personal trainer mind you, as well as training herself and competing? You might say she must be an absolute dynamo to do all this, and you would be right. Rosa-Maria, nicknamed *Fit Rose*, is definitively someone with an inspiring amount of energy



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Rosa-Maria Romero

Fit Rose Flying To Fitness Stardom



who has still a lot more to say in the arena of fitness.

Whenever you're feeling a lack of motivation for training, pick up this magazine and read through this piece again and all of a sudden you'll feel your energy going through the roof...

"I began lifting weights three years ago after I watched a friend of mine compete at the

"I was born in Australia but am of Spanish background. I also work on television presenting fitness and beauty products. Being a long-haul flight attendant and competing can be a real challenge. I always carry a cool box with me with all my meals packed."

(128lb) off-season and 53kg (117lb) when in contest condition.

Fit Rose was a former national Australian aerobics champion, but she was small.

"Quite petite with not much muscle at all," she says.

COMPETITION HIGHLIGHTS

IFBB Ms Figure Australia 2006	1 st & Overall Champion
IFBB World Championships 2006	4 th , Under 163cm
IFBB Ms Figure Australia 2005	1 st & Overall Champion
IFBB Ms Figure Australasia, 2004	2 nd , Open Figure
IFBB Ms Figure Australia 2003	2 nd , Open Figure
IFBB Ms Figure NSW 2003	1 st , Open Figure
WNSO/ANB Ms Figure Australia 2003	1 st , Short Class

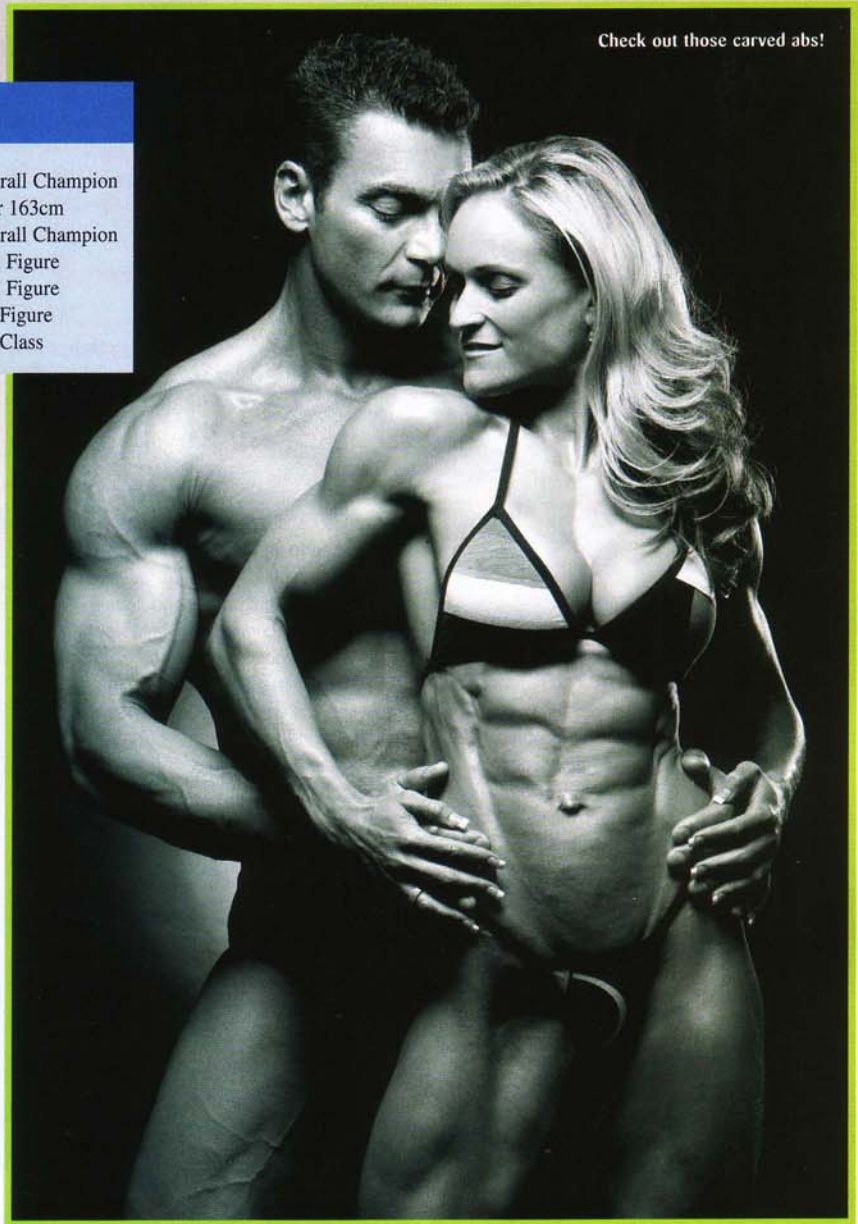
Australasian championships. I saw the figure category and loved it. Six months later I competed in my first competition, the WNSO/ANB National Championships and I won! I have not looked back since. I love training with weights and look forward to every session. It's a part of my life and I can't see myself ever letting go."

Believe it or not she has only three years training behind her and almost the same amount of time competing, and in this short time she has built a golden competition history, check it out in these pages.

Rosa-Maria is blessed with the right genetics, which gives her tremendous potential, but the best thing about her is a willpower that can lead her to anything she wants. She fell in love with the sport when she already had two kids and a very demanding job, one that takes her all around the world once in a while, but nothing can stop her when she makes a decision. Call it willpower, passion or even stubbornness, but *Fit Rose* will do anything to achieve her goals.



Rosa-Maria has built a rock-hard back.



Rosa-Maria Romero was born on September 19 in Paddington, a suburb of Sydney, Australia; she is now married to Sam Iliopoulos and they have two children, Dylan and Jaime. She also has two older brothers, Andres and Juan.

While most women feel a lack of time in keeping up a normal job and their household, plus visiting the gym, how can *Fit Rose* manage the whole thing, flying around the world and doing the necessary to compete?

"I am very fortunate to have a supportive network around me, I couldn't have done it without my friends and family. Juggling family life and competitive body shaping is not easy but instead of thinking about it, I just do it!"

She is 163cm (5'4") tall and weighs 58kg

However, changes were not slow in coming...

"I noticed massive changes. My main goal back then was to increase the width in my back and shoulders and tone my legs. It has taken me three years to get to where I am now and I am ever so happy with the way I look. I think when you put your mind to it and you have goals, it's a wonderful feeling when it all actually starts to fall into place."

The truth is that Rosa-Maria has worked very hard lately to build and shape her body the way she wanted, but three years ago was not actually the first time she walked into a gym. She in fact first did it fifteen years ago, although she never picked up a weight until recently.

"When I was first starting training at the gym

Rosa-Maria has worked very, very hard to build one of the world's best fitness bodies.



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to say a good leg workout always makes me feel awesome".

Our star knows that training at the gym is only a part of the whole process, and diet is the other cornerstone in changing the shape of your body.

"There is no way you can achieve maximum results without both a good diet and training technique. They are both as important as each other. I also rely strongly on good supplementation. Supplements I consume are: HMB, multivitamin, antioxidant, whey protein, glutamine, BCAAs, arginine and fish oil."

The sport has become a big part of her life and Rose loves it, not only because it has changed her shape, but also because it has given her a reason to improve herself all the time.

"I love bodybuilding and it is definitely a part of my life. I love the dieting and getting up on stage. I am very competitive and always ensure I improve from show to show. I think it can be very rewarding for those taking on the challenge. I have no regrets and in fact think that embarking on this journey was the best decision I ever made. It has changed my life for good."

Needless to say that she's an all-natural athlete and in my opinion she could be one of the best



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This mother of two, who is married to a bodybuilder, has made the sport central to her life.

about 15 years ago, I was quite an aerobics junkie. It wasn't until early 2003 that I began training with weights. The changes weight training made to my physique were amazing and now I am hooked. A combination of heavy weights and cardio as well as a good diet is the way to go in order to achieve the best results possible."

Rose gets her inspiration from within, and when it comes to role models, she certainly feels very lucky for all that Jenny Lynn has taught her...

"I am so lucky to have Jenny Lynn as my trainer. She has been my role model the entire way and I thank her for everything she has taught me. My husband Sam also inspires me and I am motivated by his dedication and commitment to training."

She trains Monday to Friday and takes the weekends off, working each and every body part once over this period, except the calves and abs, which are trained more often.

"I max out each set. I keep my reps low for upper body, between eight and ten, and high for legs, from 12-15. I change my program every six weeks. I love training with free weights the best. I am a huge fan of dumbbells and cables."

She does cardio on Monday, Wednesday and Friday, for 30 minutes each time at high intensity, and says she's a huge fan of the stepper.

Rosa-Maria works every body part hard and enjoys all her training.

"You can never be 100% satisfied with your body, as there is always room for improvement, so I enjoy training every body part. I would have

Giving it all on stage.



Rosa-Maria Weekly Routine

Monday	Chest & Abs Flat bench press Incline press Push ups off a stability ball
Tuesday	Legs & Calves Squats Lunges Leg press Leg extension Dead lift
Wednesday	Back, Biceps & Abs Lat pull down wide Lat pull down close grip Bent over row Cable row
Thursday	Shoulders & Calves Shoulder press Lateral raise Front raise Reverse flies
Friday	Biceps & Triceps Seated bicep curl Hammer curls Reverse curls Preacher curls
Saturday	Rest
Sunday	Rest

spokespeople for the sport, because she's living proof of what one can achieve with determination, hard work and a proper diet, and this is why she hates the negative rap about the sport.

"I would take away the negative side related to the sport and provide the general public with a better understanding of what it actually takes to be a world class athlete. People always assume one takes drugs in order to gain muscle, little do they know that anything is possible with the right food, supplementation and training techniques."

Her hobbies are travelling, reading, relaxing at the beach and spending time with the family. Indeed, Rosa-Maria feels blessed about having a lot of support around her, both family and friends...

"My family and friends support me 100% and this is important to me. I try to make them

OFF-SEASON DIET

7am 10 egg whites, oats/nuts & protein shake
10am Basmati rice, tuna & cottage cheese
1pm Chicken & sweet potato/veggies
4pm 3 slices brown bread, chicken, banana, avocado
7pm Steak, fish or chicken, veggies & brown rice
Sunday is my free day and I enjoy anything and everything!

PRE-CONTEST DIET

7am 5 egg whites & oats
10am Rice & tuna
1pm Chicken, sweet potato & green veggies
4pm Protein shake & oats
7pm Fish & green veggies

involved as much as possible and at the same time they are learning about what it takes to prepare for a competition. My brother does an amazing job applying Pro Tan...thank you Andres, xxx."

and their two boys Dylan and Jaime. She would also like to continue to inspire others to lead a healthy lifestyle.

This young woman could be your best role model in showing what you can achieve if you

And Rosa-Maria is grateful to all who have helped her in one way or another during these years...

"Thank you to everyone from around the world for your support and encouragement. It is because of you I am able to live to live my dream. Thank you also to my sponsors MAX'S, Naughty Girl, Fashion Brazil, Bikini Vamp, Riley's Gym and Titan Fitness. I couldn't have done it without you."

"I am looking forward to a competitive 2007 and hopefully qualifying for Olympia!"

Please visit my website www.fitrose.com."

Her most desired goal is to continue leading a happy and healthy life with her husband Sam

Get used to seeing this face, very soon Rosa will be at the top of the sport.

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A body to die for, which is the result of a lifestyle of training and diet she shares with her husband.



Rosa-Maria and Sam share their passion for bodybuilding and a healthy life.



Enjoying a well-earned break by the pool.

really want it. If she can do it, you can do it too! Learn from Rosa-Maria Romero and do as she does, enjoy the flight to fitness stardom! **BF**