

HARD CORE AUSSIE MUSCLE

TRUE BODYBUILDING MAGAZINE



WARREN CLAMPIT

Hate Mail

IFBB Pro Show ROSA-MARIE ROMERO INTERVIEW

PROFILE



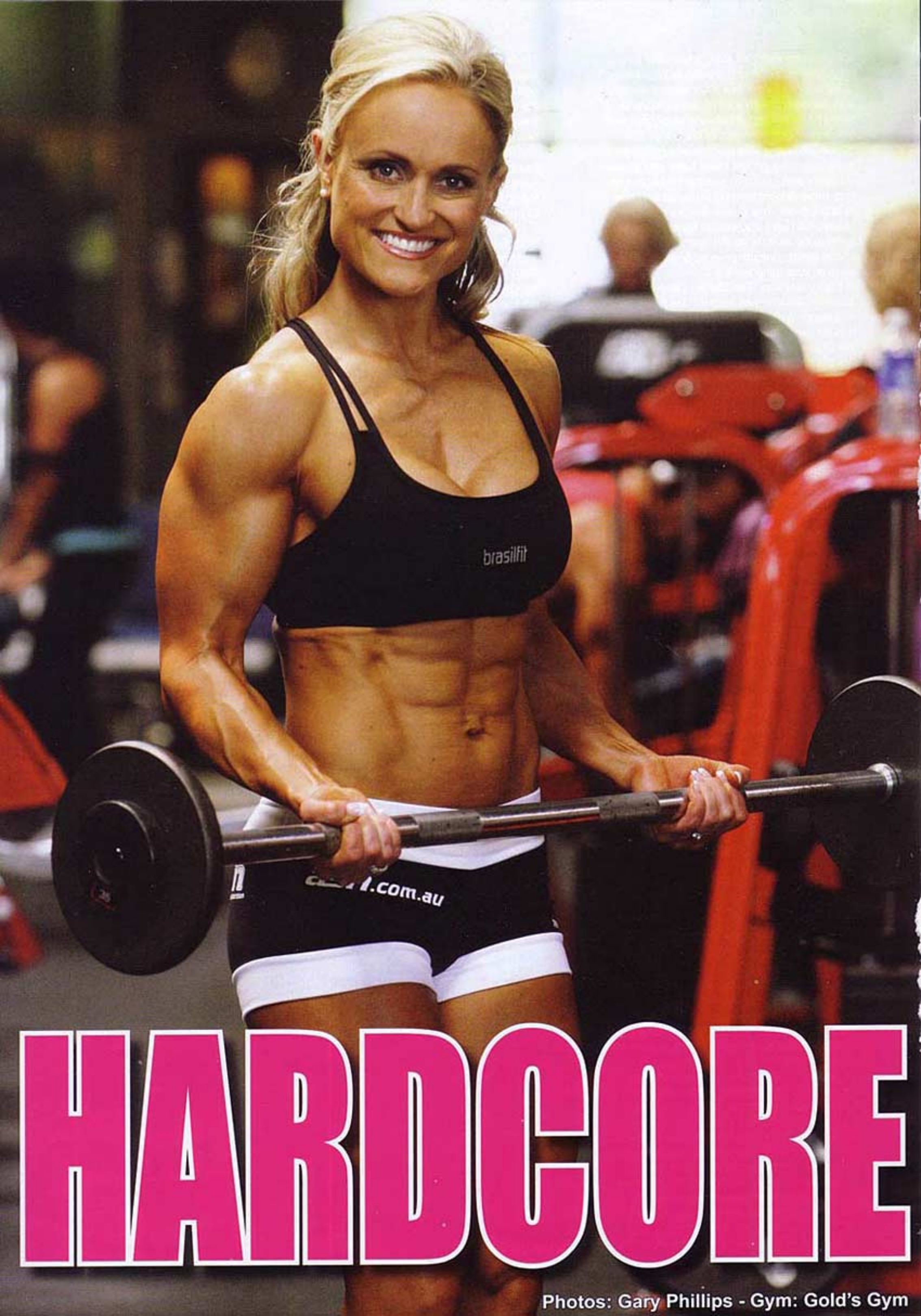
ISSUE 6

ISSN 1834-6502



9 771834 650006

www.hardcoreaussiemuscle.com.au



HARDCORE

Photos: Gary Phillips - Gym: Gold's Gym



By Craig Lucas

NAME: Rosa-Maria Romero
AGE: 32
HEIGHT: 165cm
WEIGHT: 55kg
BIRTHPLACE: Paddington, Sydney
MARITAL STATUS: Currently dating IFBB Pro Bodybuilder Mo El Moussawi
CHILDREN: Dylan 8, Jaime 6
CAR: BMW
NICKNAME: Fitrose

HOBBIES / INTERESTS OUTSIDE OF BODYBUILDING:

I love jet setting around the world and spending quality time with Dylan and Jaime, my loving partner IFBB Pro Moe El Moussawi & his daughters, family and friends. I also like some retail therapy!

STARTED TRAINING BECAUSE:

I had always gone to the gym and been fit and healthy however it wasn't until April 2003 that I picked up my first set of weights. I entered my first contest in October that year and to my surprise took out the Australian Title for the WNSO/ANB Short Class Figure. I have not looked back since. It was Steve Iacavone (an old friend of mine) that actually got me started. He used to compete in the under 80kg for the IFBB. I went along to the Australasia to watch him compete and fell in love with the Figure Category. I was attracted to the glamour, heels and rhinestones and I thought the women looked amazing. I remember Kelly Johnson at this show and thought she was great. Bodybuilding has changed my life for the better and I can't see myself ever letting go.

PAST SPORTING HISTORY:

Before bodybuilding I was an Aerobics Competitor. In 1997 I placed first in the NSW Championships and second in the Australian Titles. I had also previously won the State Championships for the Catholic

INTERVIEW

Rosa Maria Romero



Schools Association. I was pretty much an aerobics junkie back in those days. I was also a professional Flamenco Dancer and contracted by the Sydney Casino performing regularly, three nights a week, two-three shows a night. I had danced for many years since the age of three and studied Jazz, Classical Ballet, Funk and Tap. Dancing was a huge part of my life but I decided to let it go back in 1999 when I joined the airlines. Since then I have discovered bodybuilding and I have no regrets. I love what I do now and I can honestly say bodybuilding will continue to be a huge part of my life. I just love it.

GENETICS / PARENTS:

I have a Spanish background. My parents were both born in Malaga, Spain and are super fit. Physically, I take after my father as he carries a lot of muscle, but mentally I am a replica of my mother. Strong minded and a 100% go-getter.

YEARS TRAINING:

I started training when I was 16, generally aerobics and cardio. I picked up my first set of weights in 2003 so technically speaking I've been lifting weights for 5 years.

HOW LONG WERE YOU AN AMATEUR BODY-BUILDER:

3 years.

HOW LONG HAVE YOU BEEN A PRO BODY-BUILDER:

1 year.

WHY DID YOU BECOME A PRO BODYBUILDER:

After winning three Australian Figure Titles and placing fourth at the World Championships, I felt it was time to move to the next level. I love being a Pro and representing Australia frequently. I am definitely living my dream right now and wouldn't change a thing.

HOW LONG WILL YOU STAY IN PRO BODY-BUILDING:

I have no plans to retire in the near future.

WHAT ARE YOUR GOALS AS A PRO:

I guess my main goal right now is to keep placing better each show. I placed eleventh in Sacramento and I was thrilled with my condition and overall presentation. I hope to better that this year. I would also like to continue to inspire others to lead a healthy lifestyle, follow their dreams and achieve what they thought was never possible. To me it's all about setting a good example and constantly promoting the sport. Olympia is also at the top of my list. I'd be kidding myself if I didn't mention that!

COMPETED HOW MANY TIMES AS A PRO:

I turned Pro in late 2006 and so far have competed in five shows. I hope to do another five to six this year.

HOW MANY TIMES A YEAR DO YOU COMPETE:

On average about 4-5 shows a year.

ARE YOU COMPETING THIS YEAR:

Yes. My first show will be the Pittsburgh Pro

followed by the California. The Pittsburgh Pro Figure is one of the largest Figure line-ups of the year and I'm looking forward to it. The show runs over two days and is promoted by Jim Manion.

WHAT'S YOUR BEST RESULT AS A PRO SO FAR:

My best result so far would have to be eleventh place at the 2006 Sacramento Pro. I received great feedback from the judges requesting I come in two pounds heavier at my next contest. I was only two points short of tenth place so yeah, I was stoked. I am also very proud of placing fourth at the 2006 IFBB World Amateur Championships; making me the highest ever placed Aussie female at this event.

WHICH PROS DO YOU GET ON WELL WITH:

All the girls are really nice however I am very close with Jenny Lynn, Gina Allioti, Kristal Richardson, Nicole Pitcher Scott, Juliana Malacarne, Celeste Gonzalez, Petra Merti and Darlina Brown. These girls are regulars on the Pro Figure stage.

ARE THE OVERSEAS GIRLS FRIENDLY TO YOU:

Absolutely. We all help each other back stage and always look forward to the Cheese Cake Factory after the finals. The atmosphere is always positive which makes me proud to be an IFBB Figure Pro.

ARE YOU HAPPY JUST DOING QUARTER TURNS:

If the judges are happy, I'm happy. No complaints my end.

WOULD YOU LIKE TO GO BACK TO COMPULSARY POSES AND ROUTINES:

No not really. There are way to many Pro's for that to happen. I think it's nice in the amateur divisions though, as it also helps the girls build up their confidence and stage presence. Stage presence is 'big' in the Pro ranks.

ARE YOU HAPPY WITH THE WAY PRO FIGURE IS HEADED:

Honestly I don't know. The criteria changes from show to show and it's hard to keep up. I think it's important each girl comes in looking how she thinks best and then it's up to the judges. I do agree that Figure Girls should look feminine and muscularity should be kept to a minimum. I am a huge fan of shape and symmetry and I want girls out there to realize that this is much more important than size and muscular development. You don't have to be big to compete in Figure. A good balance is always pleasing to look at.

WHAT CHANGES NEED TO BE MADE:

Judges need to avoid awarding girls with excessive muscle and hardness. Shape and symmetry should be awarded higher and girls with too much muscle should be penalized. Although we train similarly, bodybuilding and Figure are two completely different categories.

JUDGING. WHAT ARE YOUR THOUGHTS:

I think the IFBB does a great job. The Figure category is fairly new so it is only natural

there is going to be some inconsistency. I have been watching the NPFC/IFBB closely over the past couple of years and believe they are getting it right. Last years Australian Championships proved to be one of the best with many beautifully presented Figure competitors all earning well deserved places. I am extremely proud to be a part of the IFBB Judging Panel and look forward to judging many shows over the next few years.

IS THE MS OLYMPIA STILL THE PINNACLE FOR PRO FIGURE COMPETITORS:

I think so. It is such a prestigious event and everyone's dream. The Arnold Classic (Figure International) would also have to be at the top of most Pro Girls lists. It would be an honor to be selected to compete at this event.

WHO IS THE BEST CURRENT FIGURE PRO:

In Australia? I'll let you guys decide! In the World? The one and only Jenny Lynn and that is why she is 2 x Ms Figure Olympia. I am confident she will take out this year's title as well. Jenny has the package in my opinion.

WHO IS THE BEST FORMER FIGURE PRO:

Davana Medina was amazing. Not only did she have the body but she also had the height, over powering a lot of the other girls. Davana brought a lot of muscularity to the stage, which was favored back in 2003. These days the judges look for a subtler look with less lines and more fullness into the muscle.

WHAT ELSE DO YOU DO TO EARN A DOLLAR:

I'm a Personal Trainer at Titan Fitness Rockdale, Presenter on the Kerryanne Show Ch9 / Ch10 / TVSN, Qantas Long Haul Flight Attendant and Elite Sponsored Athlete for Australian Sports Nutrition (54 Spring Street, Bondi Junction). I'm not afraid to take everything on, the more the better!

WOULD YOU COMPETE AS AN AMATEUR AGAIN:

Definitely not. I am completely satisfied with everything I have achieved as an amateur. I've moved on from there and there is no turning back.

DO YOU STILL GO AND WATCH BODYBUILDING SHOWS:

All the time. I love amateur shows and I love to help out as much as possible. I've also trained some of the Australian Sports Nutrition team members who also compete, I love sharing the knowledge I have with others, especially those that have the same drive and passion as me.

HAVE YOU HAD MUCH MAGAZINE COVERAGE DURING YOUR CAREER:

Since competing I have appeared in over forty publications and this includes contracted work overseas and in Australia. I have completed covers for Oxygen, Muscle Science & Ironman and I am thrilled to have been chosen for Hardcore Aussie Muscle. This magazine rocks! I would have to say it's one of my greatest achievements.

COMPETITION HISTORY

IFBB Pro Figure 2007

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

Amateur Figure 2006

- IFBB Australian Titles - 1st & Overall Champion (Pro Card accepted).
- IFBB Mixed Pairs Australian Titles - 1st.
- IFBB World Championships - 4th (Pro Card awarded) Highest ever placed Australian female at the worlds.

2005

- IFBB Australian Titles - 1st & Overall Champion.
- IFBB NSW Titles - 1st.

2004

- IFBB Australasian Titles - 2nd.

2003

- IFBB Australian Titles - 2nd.
- IFBB NSW Titles - 1st.
- WNSO/ANB Australian Titles - 1st.

FEDERATIONS THAT YOU'VE COMPETED IN:

WNSO/ANB & IFBB

STRENGTHS:

I achieve everything I set out to do. I never give up and I am strong-minded.

WEAKNESS:

I want everything yesterday!

BEST BODY PART:

My abs.

WORST BODY PART:

I think it's my gluts but everyone else seems to think otherwise!

YOUR POSING STYLE:

Graceful and elegant. I love being on stage full stop. All my poses are numbered from one-to-eight, so every move I make is choreographed, a bit like a routine. That is also how I conduct my posing lessons. I make sure every student is an expert by the time they step out on stage. Being an ex dancer and Virgo, I am a total perfectionist.

FAVORITE POSER:

Melvin Anthony.

BEST ROUTINE THAT YOU'VE SEEN:

2007 Fitness Olympia, **Oksana Grishina** from Russia who placed seventh. I saw her routine for the first time at the 2006 IFBB World Women's Championships and she stole the show. Absolutely amazing routine and unbelievable body.

BEST COMP YOU'VE EVER SEEN:

2008 *Tony Doherty's* Australian Grand Prix.

BEST COMP YOU'VE EVER COMPETED IN:

The World Championships Santa Sussana Spain. Having my brother **Andres** there with me was so much fun and I'll never forget everything he did for me. Thanks **Andres**...xxx.

FAVOURITE AUSSIE BODYBUILDERS:

Con Demetriou and Sandra Lee Jose.

FAVOURITE BODYBUILDING DVD:

Pumping Iron.

BEST THING ABOUT COMPETING:

The best thing about competing is the fact I get to travel the world and do what I love. I have met and continue to meet amazing and talented people wherever I go and I am honored to receive huge amounts of recognition for what I have done. The best part of all though, is that there are no limits. You can take this sport as far as you want to go, especially with the right support. The *Australian Sports Nutrition* team is very supportive of what I want to do and where I want to go, so with their sponsorship and my own intense drive and ambition I am aiming for the top! There are so many opportunities out there and I know I still have a long way to go, meaning you can expect a lot more from me in the near future.

WORST THING ABOUT COMPETING:

I'd be lying if I said it wasn't a selfish sport. Competing takes up a lot of my time and having two children makes it even more challenging. In the past my relationships have suffered because I am 100% committed to my children and training and this takes up most of my time, let alone on-line and face-to-face clients who I put my heart and soul into. I have no complaints though as I am doing what I love and that is important to me. If the perfect partner comes along who compliments my life, I would be elated to share it with them. But so far, things have not worked out as expected. I would have to say that this is the only negative side about competing I can think of.

BEST BODYBUILDING ADVICE YOU EVER RECEIVED:

'Pain heels, glory lasts forever'. Thank you **Sam**...x.

ADVICE FOR BEGINNERS:

Set yourself a realistic goal to begin with. Don't ever loose sight of what you want. Listen to one person only, someone you can trust who has a lot of experience in the field. Believe in yourself and follow your dreams, anything is possible.

FAVOURITE BAND / MUSICIAN:

The Pussycat Dolls.

FAVOURITE SONG:

Keep Bleeding by **Leona Lewis**.

FAVOURITE TV SHOW:

So You Think You Can Dance.

FAVORITE MOVIE:

You, Me and Dupree.

FAVORITE ACTOR:

Cameron Diaz.

FAVOURITE HOLIDAY DESTINATION:

Spain.

MOST ADMIRER PEOPLE / PERSON:

My mum. She is my best friend, mentor and backbone. Love you mum.

HOW MANY TIMES PER WEEK DO YOU TRAIN:

At the moment my program consists of days 1 – 5. Day 6 is a rest day then I repeat the cycle.

DURATION OF WORKOUT:

I normally train anywhere from 45min – 2hrs. It really depends on what I am training, how many sets I am doing and if I'm including cardio/track workouts into the session.

PREFERED TRAINING TIMES:

9am works best for me as I drop the kids off to school then head straight to the gym. I normally have clients for the remainder of the day after I train. I am also busy with the kids from 3pm until 7pm so those hours are generally put aside for them. Sometimes I'll train at 6am if I am flying out to Los Angeles with work so generally my training times are quite irregular. It all depends on my roster, clients and other family commitments.



ORDER OF BODY PARTS TRAINED:

Day 1: Chest, Triceps & abs.
Day 2: Quads & Calves.
Day 3: Back & Biceps.
Day 4: Shoulders & abs.
Day 5: Hamstrings & Calves.
Day 6: Off!
Repeat Cycle.

HOW MANY SETS:

I am currently doing three sets for all exercises except for Quads where I do four.

HOW MANY REPS:

Anywhere between 10-15 depending on the body part trained. I generally do 10 reps for Shoulders and Back, 12 reps for Triceps and 15 reps for Chest, Biceps, Quads, Hamstrings and Calves.

REST PERIOD BETWEEN SETS:

Yes I rest, I even chat in between sets! Always have, always will. It makes the sessions a lot more enjoyable. Generally between 1-2 minutes between sets but I've been told otherwise!

PREFERRED EXERCISES:

LEGS: Smith Machine Squats.
BACK: Chin-ups.
CHEST: Push-ups off stability ball.

SHOULDERS: Military Press on Smith Machine.

TRICEPS: Dips.

BICEPS: Preacher Curls.

ABS: Straight legged leg raise.

CARDIO: Stepper and Track Workouts.

FAVOURITE EXERCISE:

Single Leg Press, foot high on platform.

LEAST FAVOURITE EXERCISE:

Don't have one.

MEALS PER DAY:

I consume 5-7 meals a day.

PREFERRED PROTIEN FOODS:

I love fish especially Perch and Ling Fillets, egg whites and I am also addicted to ASN's exclusive Protein drink *Evolve Slow Whey*. They have a Cookies and Cream flavor which is to-die-for.

PREFERRED CARBS:

Love my basmati rice and baked sweet potato.

SUPPLEMENTS:

I only use *Australian Sports Nutrition* exclusive supplement range.

- Evolve L-Glutamine.
- Evolve Acetyl L-Carnitine.
- Nutrabolics Hydrotest (Tribulus).

- Nutrabolics Fat Burners.
- Xenadrine 8hr.
- Evolve Fast Whey Tropical WPI.
- Evolve Slow Whey, Cookies and Cream.
- Evolve Lipo Whey.
- MRM Beyond Basics Multi Vitamin.
- John O'Neils Co-Enzyme Q10 Antioxidant.
- SAN Lipidex EFA Oils.
- MRM ECDY 20.
- Nutrabolics AE2's.
- SAN Fierce.
- Evolve Nocturnal Protein, casein.
- Cytodyne Z-MASS.

FAVORITE FOOD:

Egg Whites and oats in the morning. Breakfast is the ultimate for me.

LEAST FAVORITE FOOD:

Tuna in spring water. Yuck!

FAVOURITE DRINK:

Pepsi Max.

A TYPICAL DAYS FOOD INTAKE WOULD LOOK LIKE:

I generally stick to the same rule, protein with every meal and carbs up until 4pm.

CONTEST DIET:

I am 5 weeks out of the Pittsburgh Pro Figure and I am currently eating the following:

Meal 1: 8 egg whites, 1 protein shake 40g (Evolve Lipo Whey), 1/2 cup oats.

Meal 2: 185g tuna, 1 cup sweet potato.

Meal 3: 140g chicken breast, 1-cup brown rice, 1 cup steamed greens.

Meal 4: 120g lean red meat, 2 cups steamed greens, 1/3 cup basmati rice.

Meal 5: 1 Whey Protein shake 30g (Evolve Slow Whey) and 2 brown rice cakes with sugar free jam.

Meal 6: 240g white fish and 2 cups steamed greens.

OFF SEASON DIET:

Love my food in the off-season but I try to eat as clean as possible during the week with one free day normally on a Sunday.

Meal 1: 10 egg whites, 1 cup oats.

Meal 2: 130g lean red meat and pasta.

Meal 3: Whey Protein shake 40g (Evolve Slow Whey) and 4 brown rice cakes with sugar free jam.

Meal 4: 170g chicken breast, 1/2 cup sweet potato, 1-cup stir fried mixed veggies.

Meal 5: 95g Tuna with salad and one slice of Rye bread.

Meal 6: 270g white fish, 2 cups stir fried mixed veggies.

Meal 7: Slow release protein (Evolve Nocturnal).

DO YOU HAVE A SPONSOR:

Yes, and to be honest I would not be where I am today without the support and help from *Australian Sports Nutrition*, my official sponsor for 2007/2008. Not only does *Australian Sports Nutrition* provide me with an awesome range of supplements that you cannot get anywhere else in Australia, they also support me financially and cover all expenses for my up and coming shows. Without the help of *Simon Rees* (Director of ASN) there is no way I would be doing five shows a year so, I consider myself extremely lucky and fortunate to have his support. I am also proud to be part of the ASN Team and love getting into the store once a week to help customers and clients with supplement and nutrition advice. You can find me ASN Bondi- 54 Spring Street Bondi Junction. Thank you so much to the entire team at *Australian Sports Nutrition* especially *Matt*, *Tif*, (everyone at *HCAM* loves *Tif* too); *Mark*, *Roger* and *Sam* for making me feel so welcome. For more information about *Australian Sports Nutrition* or to find out about our next promo near you visit www.australiansportsnutrition.com.au.

ARE THERE ANY PEOPLE YOU WOULD LIKE TO THANK.

I would like to thank my honey *Moe El Moussawi* for watching over me and helping me with my prep for this years Pittsburgh and California Pro Figure Shows. The changes we have made to my physique in the past few weeks are amazing and I couldn't have done it without him. Moe has inspired me on many levels and I am so thankful and happy he has come into my life.

I am fortunate to be sponsored by two gyms. I'd like to thank *Mets* and *Murat* owners of *Titan Fitness*, 629 Princess Highway Rockdale. These guys have supported and provided me with the best facilities to train in. *Titan Fitness* is the best gym in South Sydney with a huge selection of weights and cardio equipment. I have been sponsored by *Titan Fitness* since 2004 and am honored to be a part of their team. Check out their website www.titanfitness.com.au.

Thank you also to *Justin* and the entire team at *City Gym*, 107 Crown Street Darlinghurst for their continued support and on going sponsorship. *City Gym* just keeps getting better and I love training there amongst many Pro's. Best equipment, best music and awesome opening hours, its no wonder *City Gym* is by far the leading Fitness Centre in the Eastern Suburbs. Visit their website at www.citygym.com.au.

Thank you also to *Phillip Rule* owner of *Majestic Health Massage*. *Philip Rule*, massage therapist to the stars, keeps me in great form with regular massages and he is even kind enough to come to my place when my schedule is too busy. *Phil* looks after many celebrities including *Anthony Mundine*, Australian Rugby League Team, *Lisa Curry*, *Grant Kenny* and the NSW State of Origin Team just to name a few so I feel privileged to have him in my life. Thank you so much *Phil*. Couldn't have done it without you. For more information on *Majestic Health* please visit www.majestichealthmassage.com.au.

Last but not least I would like to thank my two little boys *Dylan* and *Jaime* who mean the world to me, *Moe* for loving and supporting me every day, my family (Mum, dad, *Andres* and *Juan*), friends and of course everybody at *Hardcore Aussie Muscle*! Your support and belief in me is appreciated more than you know and I thank you from the bottom of my heart.

CONTACT DETAILS:

Phone: 0414 567 670.

Email: rose@fitrose.com.

Web: www.fitrose.com.

THANK YOU ROSA.

