

Bodybuilding & Fitness is the foundation of all Sports

IRONPINOY

2011 Vol. 3 Issue 2 www.ironpinoy.com

FITNESS LIFESTYLE AND LEISURE

**Rosa-Maria
Romero**

IFBB Figure Pro

**Matus
Valent**

**PANAGBENGA
MUSCLE
SHOWDOWN
2011**

**Romel
Griarte
Master Chef**



ISSN 1655-6836



P135



**Genevieve
Corneta
Fit Mom**



**Bernie
Lirag
Fit at 61**

Event Photos Training Nutrition News Profiles Competition

Back Building 101

Photography by Julio Arenas

By: Matt Weik

Introduction to Back Building 101

A new course is available at Weik University on building a massive back. Those interested in sitting through an easy course, no need to look any further because class has just begun. Everyone is guaranteed an "A" for the course as long as you sit through the course and pay attention (you can take notes if you wish). From there, all you have to do is take what you learned from the course and utilize it in the gym for massive back gains.

Let's start with the basics of Chapter 1 and then get into more detail later on in the course.

The Traps:

Another powerful muscle of the back is the trapezius. The traps run all the way down the upper section of the spinal cord and attaches at the middle of your back. The traps have a couple main functions including scapular adduction (bringing the shoulder blades together), scapular depression (pulling the shoulder blades down), and scapular elevation (shrugging).

The Lats:

The largest muscle of your back is by far the lats. The latissimus dorsi starts all the way up at the upper end of the humerus, and runs all the way down to the pelvic girdle. The lats function is to pull the arm down towards the pelvis.

Smaller Muscles:

There are also some smaller muscles that aid in movement of the back such as the teres major and the rhomboids. The teres major is found at the outside edge of the shoulder blade and attaches all the way up at the humerus. The main role of the teres major is to bring the arm towards your back.

The rhomboids are found on the spinal column and they attach to the middle of the shoulder blade. The rhomboids are used to bring the shoulder blades together.

There are also a whole bunch of little muscles in the back which run along your spine. There is the erector spinae, which includes the longissimus, spinalis, and the iliocostalis. The erector spinae is a group of muscles that are in and support the spine as well as extend the spine. The erector spinae muscles are actually attached to the vertebrae, pelvis, and also to the ribs.

Chapter 1: Anatomy of the Back

Let's start off by explaining the anatomy of the back. It's not very complicated and not much to it. Once you understand how the back works, you will find it easier to visualize your back workouts.



Photography by Charles Rodriguez



Photography by Charles Rodriguez

www.ironpinoy.com



Photography by Justo Arenas

Rosa-Maria Romero

Rosa-Maria Romero has established herself as one of IFBB's top Figure athletes after her second consecutive invitation to compete at the 2011 Arnold Classic Ms Figure International, the most prestigious event for Professional Figure Competitors. Having only picked up her first set of weights in 2003, after the birth of her two children (Dylan & Jaime), she went on to compete in her first show, the WNSO-ANB Australian Figure Championships taking top honours and winning her first National Title. It's been up hill since day one and at age 35, she is showing no signs of slowing down.

Rosa was very athletic growing up and played many sports including netball, tennis & field hockey. Naturally a competitive person, it was evident she would take the bodybuilding world by storm when she first stepped out on stage in 2003. It's not every day someone competes for the first time and takes out a National title! It was at this point that Rosa discovered a true passion for the sport and set out to achieve her goal of turning Pro and competing on the Olympia stage. Her dream came true in 2010 when she placed third at the Pro Figure show in Phoenix, making her the first female ever from Australia to qualify for the Figure Olympia.

Any person who has seen Rosa compete will always comment on her gracefulness and confidence as she performs every move. She is thankful for her extensive background in dance that she commenced at a very young age. Her first dance lesson was at the age of three and over the years she performed at lots of eisteddfods, functions, television shows and concerts. She studied contemporary jazz, ballet, tap, character and flamenco, however, became extremely passionate about flamenco, the traditional dance from Spain and this brought her closer to her culture and background. Her parents were born in Spain and immigrated to Australia in 1961. Her Grand mother was born and raised in the Philippines. Rosa is so proud of her culture and background and believes she would not be where she is today without her traits and heritage.

At the age of 16, Rosa established her very own Flamenco Dance School (*Spanish Rose Dance Studio*). Her students ranged from children as young as 2yrs through to adults. She also began teaching Aerobics at various Health Clubs and schools as had become a certified Fitness Trainer and Aerobics Instructor.

Nationals.

In 1995 Rosa was selected to be a part of popular TV show *Aerobics Ozstyle* and worked as a Fitness Presenter for Channel 10 Australia.

With numerous titles under her belt, Rosa has been crowned Miss Australia 3 times. In 2006, she was granted Pro Status after placing 4th at the IFBB World Women's Bodybuilding, Fitness & Figure Championships in Santa Susana Spain, making her the highest ever placed Australian female in the sports history of this event.

Rosa currently resides in Sydney Australia and has committed herself to the health and fitness industry, promoting the sport worldwide. She has established herself



as Australasia's favorite fitness model appearing on numerous covers including *Iron Man*, *Oxygen Magazine*, *New Zealand Fitness* and is frequently on television promoting fitness and beauty products.

Rosa is South Pacific's/Oceania's number one IFBB Pro Figure athlete & officially ranked 10th in the world (Professional Figure). She is the first Australasian female to grace the Arnold Classic Figure International stage, an invitation only event and the most prestigious for Professional Figure competitors. She is also the first female from down under to have qualified for the Figure Olympia in Las Vegas & without a doubt 'Australia's most successful exponent of the sport of all time.'

CONGRATULATIONS to Rosa on her second consecutive invitation to compete at the 2011 Arnold Classic Ms Figure International, featuring the top 16 athletes from around the world. March 3rd - 6th Columbus OHIO.

Visit her website at
<http://www.fitrose.com>



Photography by Charles Rodriguez