



DEAR ROSA

SUPPLEMENTATION

Hello Rosa,

You're incredible! I aspire to have a physique like yours – bring on those biceps, rock-hard abs and cut thighs – you are a machine! My training has been going really well – that combined with my diet – I'm seeing changes every week. It's so exciting to be on the right track, finally! I just have a couple of questions for you, mainly in regard to supplementation.

- »Do you use L-glutamine and carnatine and, if so, when do you use them?
- »Do you use creatine?
- »What do you consider the most important supplements to take?
- »How often do you train each bodypart?
- »Last question – what do you find are the best exercises to bring on legs?

Thanks a million,

Casey,
NSW

Thanks Casey,

It's always nice to hear from fans. You too can achieve the body and results you desire through hard work and commitment. Hang on in there and keep at it. I am so proud of you! As you know nothing beats weight training and cardio along with a well-balanced diet for ultimate results. Now, to answer your questions.

Yes, I do use L-glutamine along with other supplements such as whey protein and multi-vitamins/antioxidant to name but a few, I also use creatine and carnatine to help enhance my training and

speed up results. I use creatine just before and immediately after my weights session. I tend to use carnatine first thing in the morning before cardio on an empty stomach, as well as in the afternoon right before my weights session. L-glutamine is spread throughout the day, one scoop in the morning, midday and the last scoop before bed. I believe supplements are vital and should be incorporated into your daily diet without fail. We push our bodies to the limit with this sport and need everything possible to help speed up recovery after every workout. I don't think there is such a thing as the most important supplement, however, if I had to choose one it would be BCAA's (branched chain amino acids) which I take religiously after every weights workout. Now with regards to weight training, I change my programmes every four to six weeks depending on how the results are coming along. Usually I train each bodypart once a week, however, I have trained legs, back and shoulders twice a week on several occasions. So, at the end of the day, it all depends on your own individual body and what works best for you at the time. In order to bring on your legs, I would suggest incorporating track workouts into your routine such as sprinting and plyometric squat jumps. Try using the bike instead of stepper for your morning cardio and increase your reps when training your legs to anywhere between 20 and 30.

Good luck this year Casey and be sure to keep me posted on your prep for your up and coming shows.

Good luck,

Rosa

SETBACK

Dear Rosa,

I train consistently, however, this week I experienced a slight setback and need your advice on how to pick up the momentum again.

I went to my best friends Hen party and had no choice but to indulge in all the yummy food. It was impossible to eat clean! I thought one night would be okay and I promised myself to get back on track the following day. Anyhow, the next day came around and we went to a winery. I had no alcohol but felt obliged to share the day with the girls including the good food. I watched my portions and kept my protein levels up as best as I could but obviously did not eat as I should have. That night we had a 'Sex and the City' party and pizza was ordered so I ended up having some cocktails and a couple of slices of the vegetarian pizza! I feel so bad about this and I have completely let myself down.

Please tell me you have good and bad days or am I simply wasting my time training if I am not going to stick with the plan? How do you manage dieting around Christmas time and holidays? You seem to keep in good shape all year round. What's the secret Rosa?

Sara,
QLD



Hi Sara,
 Secret? There is no secret, Sara, just a strong mind! It can be hard at times but it's all about managing time and living a balanced life. It's okay to indulge from time to time just don't beat yourself up for it! Christmastime is always testing for all of us. I'd say it would have to be the toughest time of the year to keep fit. But we all have to contend with crazy hours, travel and crappy food. I suggest that during this time you try and keep to your training schedule as close as possible.

Set yourself some goals and don't fall into the trap of not exercising and 'letting yourself go', so to speak. It will only make it harder for you to get back into it after the break. Use your free time wisely and think positively about the year ahead and the results you would like to achieve. A good way to keep in shape all year round is to schedule 'cheat days'. This way you can stick to a well-balanced diet most of the time and look forward to some of your favourite foods every now and then.

When you have your cheat meal, enjoy it! If you are going to feel guilty for eating it then don't eat it. If you have stuck with your programme all week and trained well, one cheat meal won't hurt. It will actually do your mind and body the world of good and help you focus for the week ahead. The best way to keep in shape all year round is to eat a well-balanced diet, train consistently and have a strong mind. Hope this helps.
 Good luck,

Rosa

NO TIME FOR MYSELF!

Dear Rosa,

I am a personal trainer on the Central Coast. I have a busy lifestyle just like you, hardly no time for myself. These days I am finding that I am being approached at the gym even when I am training myself. I will be lucky if I get even a mere 45 minutes to workout inbetween clients throughout the day.

My question to you is how do you do it? I'm sure you get approached at the gym all the time. How do you tell people that you are busy training and that you would like some personal time to train yourself? I'm just completely over it and wish people knew when to approach and when not to!

Cathy,
 Central Coast

Hi Cathy!

I hear you girl, but you should be proud of yourself. People are looking up to you and it appears to me as though you are inspiring them to follow your footsteps, which is a wonderful thing. I do

GREG WRIGHT



JULIO ARENAS

realise that your days are hectic and time is of the essence but try to look at the bright side.

There are many things I do to get through my days and make the whole training experience exciting and not so repetitive. I will often use an i-pod to listen to my favourite music whilst I train. People seem to know that when the i-pod is on, I am in serious training mode so will often wait until I am finished to approach and chat. I try to move around and train at various gyms. I have actually selected different gyms for each bodypart. For example; if I am training legs then



you can expect to find me at Titan Fitness Kensington as the equipment there is unbelievable for quads and hamstrings.

Try training outdoors as well just to break things up a little. The more variety the better and the less structured your days will be. Personally, this works for me. Why not give it a go?

Good luck,

Rosa

MY FIRST CONTEST

Hi Rosa,

I'm incredibly serious about competing in my first figure competition, however I have no idea where to find out upcoming events for 2010 and what exactly I would have to do in order to enter. Just wondering if you could help me out.

Thanks,

Yvette,
 NSW

Hi Yvette,

It is great that you have decided to enter a competition and I hope you enjoy the whole experience. Be sure to get yourself a good trainer, preferably someone who has competed before who can show you exactly

what you need to do in order to prepare for the show. Depending on how much muscle you are carrying, I would allow about six months to get ready for your contest, three months to bulk and shape and twelve weeks to cut up in order to present your physique at it's ultimate best. Be sure to have your suit personally fitted and made and remember the final touches are just as important as the body you present to the judges on the day. And please don't forget to practise your posing!

Now with regards to shows and dates, I would suggest you email Gary Phillips: gary@weider.com.au for an up-to-date list of competitions.

When you have decided which competition to enter, call or email the Federation in advance to make sure you are familiar with the rules and regulations. Best of luck and keep me posted on your journey!

Good luck,

Rosa **M&F**

Rosa-Maria is Australia's most successful figure competitor and looks forward to answering all your questions! Email your questions now to: rose@fitrose.com