

Boring Cardio!

Dear Rosa,

Let me just start off by saying that you are an amazing woman! I don't know how you do it with two children, a full-time job as a flight attendant as well as being a personal trainer. You put us twenty year olds to shame! Thank you for being my number one inspiration.

My question to you is with regards to cardio. What do you do for cardio? How do you manage to stay in shape all year round and look amazing show after

show? I compete once a year and find the cardio extremely boring and tiring.

Juliana,
VIC

Hi Juliana,

Thank you!!! It makes me so happy to read emails like yours. I love inspiring other women to lead a healthy lifestyle and to pursue their dreams. As you know figure falls under the realm of bodybuilding, but many girls don't realise that we don't have to train like bodybuilders to get great results. I don't believe in putting on huge amounts of weight in the offseason in order to get results. By staying in good shape all year round we can avoid endless hours in the gym doing cardio for the sole purpose of getting lean and tight for a show. It's just not a healthy approach.

A lot of my fans are very much aware that closer to show time I incorporate track workouts and sprints into my routine. The results are just amazing and it assists me in transforming my body into a more streamlined figure physique which is what the IFBB judges are favouring these days. Find a football field, a rubberised track, or any flat, grassy surface. Set one to two days aside for plyometrics and sprints and you are on your way.

Other athletes have told me that they perform up to two hours cardio a day! That sounds absolutely crazy to me. Either they are not doing cardio to the fullest and/or eating way too much food or binging. I will never do more than 50 minutes cardio a day – period! It would just be impossible for me to do show after a show without getting run down. There is only so much your body can handle or take before it starts to shut down. Here is a guide that you can follow for your next track workout. Trust me, it works!

Spend 5 to 10 minutes warming up – jog lightly, do some drills, and some 50 m to 80 m accelerations (which is about half to three-quarters of a football field). Your first few weeks outside should be geared

more towards getting accustomed to sprinting and conditioning your body. A great starter workout on the track or on the football field is to run 8 x 100 metres. On the track, you'll run the straight and walk the curve for the recovery. On the field, you'll run the long sides of the field and walk the short sides. Your first time out, you may only run at 60% to 70% maximum speed, which is fine. Work toward increasing the intensity as your body gets accustomed to the workouts. Always finish with a light jog or walk, and remember to stretch.

You'll find that the workouts go by very quickly – you can warm up, sprint and cool down in about 30 minutes! That is less time than you'd generally spend on the treadmill. Track workouts help you burn more calories throughout the day and will help you create a leaner, more balanced physique. Sprint away to a better looking a physique figure girls!!!

Good luck,

Rosa

No Time To Train!

Hi Rosa,

My time is limited these days and I am finding it hard to get to the gym every day. I seem to be skipping my 'buns' day as I find I am already training quads once a week and just don't have the time to fit it all in. Sometimes I feel like giving up because I just can't commit like other ladies do. I've four kids, work full time and have a husband to take care of. Please help! I need motivation!

Lara,
VIC

Hi Lara,
You don't have to go to the gym to stay fit and keep in shape. There are alternatives! I am always on the move too being an International Flight Attendant and a mother of two. Believe me, my time is limited. Sometimes I workout whilst on the go. I'll often incorporate squeezing techniques into my routine like keeping my midsection tight while sitting in front



CHARLES RODRIGUEZ

of the computer, driving a car or walking around town. Abdominal contractions throughout the day are also a good way to keep your body firm and fit.

Same goes for your glutes, randomly give them a little 30 second to one minute squeeze and hold, throughout the day, and feel the burn! Maybe try squeezing them while you brush your teeth in the morning and evening. It's all about being creative and finding a technique that works for you. Think outside the box and

you will learn that there are hundreds of ways to keep in shape. Don't be afraid to try something new. You might just surprise yourself!

Good luck,

Rosa

New Bikini Class

Hi Rosa,

I've just heard that IFBB are to introduce a new Bodyshape Bikini category to the NPFC Australia. I am so excited about this because I have always wanted to compete but lacked muscle. Could you please tell me more about the new division. This is definitely something I am interested in working towards competing in.

**Kathleen,
BNE**

Hi Kathleen,
Yes, that is correct. The first Bodyshape Bikini contest took place at this year's Nationals and I too was very excited.

This is the perfect opportunity for the every day active girl to achieve something they thought was never possible.

Unlike other federations, the girls will not be judged on sex appeal. Any girl who poses in a sexually suggestive manner will be marked down. We will be looking for ladies that display a well-balanced, curvy, fit and healthy looking physique. The girl with the best symmetry, shape and tone will be awarded high marks. We will also be looking for the competitor who displays a well-groomed package so it very important that attention is given to hair, make-up, tan, nails, etc, in order to complete the look.

There are two rounds in this division. The first round consists of four x quarter turns wearing gym wear. At each turn, the competitor may do a pose of their



GARY PHILLIPS

choice but not figure or bodybuilding style poses. Round two is the bikini round. The bikini can be any style, colour, fabric or pattern but no g-strings allowed or sequins/crystals. High heels and jewellery may be worn. Girls will come out individually and do the 'T-walk'. As you can see this is a look that is very achievable and perfect for those women who simply don't carry the muscle mass figure competitors do. Girls who are curvy or slim will be competitive as we will be looking for the best presented physique. If you are thinking about competing in figure in the future, this is a wonderful opportunity to get started and active in the competition scene.

Good luck,

Rosa **M&F**

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