

# DEAR ROSA

## FITNESS OR FIGURE?

Hi Rosa,  
I am a 25-year-old mum and I want to get into figure or fitness competitions. I am not sure of my potential or which category I am best suited to. Is there any way you could help me with advice on getting started?

Thanks,

Katherine,  
NSW

Hi Katherine,  
I always get excited when I hear from people like you who have the urge to embark upon a journey that will no doubt change their life forever. By entering a fitness or figure show, you will not only be making a positive change to your lifestyle but also inspiring others to do the same so well done! In order to get started I recommend you have a look at various photographs and video footage from past shows. Familiarise yourself with all the federations and be aware that each federation has its own rules and regulations.

There are competitions all year round so you will need to map out the year ahead and choose a show that works best for you. Most importantly, you need to decide if fitness or figure is best for you. The main difference between them is that a technical routine displaying various mandatory poses must be performed if competing in the fitness category. Fitness is generally best suited to girls with a gymnastics background who are both flexible and strong as some of the mandatory poses comprise of one arm push ups and straddle jumps just to name a few. Figure generally does not require you to perform a routine, although some federations do, so it is very important you do some research before making your final decision.

Once you have decided on your category, ensure you find a trainer who has experience in that field. There are many people in the industry that claim to be exceptional personal trainers; I am not doubting them, but I do believe you will always benefit a whole lot more from someone who has actually competed or is currently competing so again, take your time when researching. Give yourself at least six months to prepare for the show as it is your first. You will need to learn how to present yourself onstage, organise a posing bikini and outfits for your routine, etc. There is so much to do so give yourself plenty of time so that you have a great chance of presenting your optimum physique onstage.



Good luck Katherine and let me know if you have any more questions. Can't wait to see you onstage real soon!

Love,

Rosa

## LOOKING MY BEST

Dear Rosa,  
Where do you buy your contest suits from? I am competing at this year's IFBB Australian Titles and want to make sure I am looking my best. I have read from previous comments that presentation is very important when competing in the figure class. Congratulations to you for everything you have achieved. You are truly an inspiration and role model for the sport.

Natasha,  
Melbourne

Hi Natasha,  
Good to see you planning ahead. It is always best to be well organised with time to spare. I have used many different designers in the past to create my suits. You will need to do the same until you find the right person who knows how to work well with your physique. Not every style will suit so it will be important to choose wisely as you may find yourself wasting hundreds of dollars for nothing. The most important part about choosing the right suit is going with a cut that will help present your optimum physique onstage. Make sure the butt coverage is narrow and go for a low cut at the front. Choose a dark primary color as these work best onstage. Dark colors will also make you look more slender and the stones will also show up more on these fabrics.

I am a huge fan of Jo Rogers' suits ([www.styleonstage.com.au](http://www.styleonstage.com.au)). She has different cuts to suit sports models as well as figure and fitness athletes. Jo has some of the best fabrics on the market and because she competes herself, she knows all about the cut and style to suit each individual. I just love her 'Pro Cut' suit.

One thing is for sure, Jo's suits are always on time, sewn and stoned immaculately. I hope this helps and the best of luck with your forthcoming show. I am sure you will shine!

Love,

Rosa

## 'BOOTY' TIPS!

Hi Rosa,  
You have the most amazing glutes. What exercises do you do to create the 'booty'? I normally do squats, leg press and lying leg curl. Reps are kept around 12 to 15. I am interested to see if your workout resembles mine. It would be good to get some tips off you!

Kaitlen,  
ACT

Hi Kaitlen,  
Well now I am excited! Training legs is my absolute favourite workout of the week. I actually train legs twice a week. I believe that because it is a huge bodypart, we can afford to 'smash them' twice in one week. I actually trained legs on Friday (two days ago) and I had trouble getting out of bed this morning! All good though..... it's a good pain and as they say 'No Pain, No Gain'.

I always train legs at Titan Fitness (115 Anzac Parade, Kensington). They have the best set-up for legs in Sydney, no doubt about it. It has the most amazing equipment that is laid out perfectly



GREG WRIGHT



GREG WRIGHT

throughout the gym, with awesome music to work out to. I am always looking forward to my workout there. It just makes the whole session so enjoyable and well worth it.

I will normally train legs on Tuesdays and Fridays. Reps will be kept at around 20 and will look something like this:

### TUESDAY

#### Quads, Hamstrings

1. Squat
2. Leg press
3. Leg extension
4. Lying leg curl
5. Seated leg curl
6. Standing leg curl

### FRIDAY

#### HAMSTRINGS (Superset workout)

- 10 sets of walking lunges
- Lying leg curl
- superset with -

Seated leg curl  
Deadlift  
- superset with -  
Stationary lunge  
Straight-legged kick-back  
- superset with -  
Hyperextension

So why not try training your lower half twice a week and incorporate supersets from time to time. It might just be the change you need. I hope this helps, Kaitlen, and maybe I'll see you training legs at Titan alongside me!

Love,

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](mailto:rose@fitrose.com)